

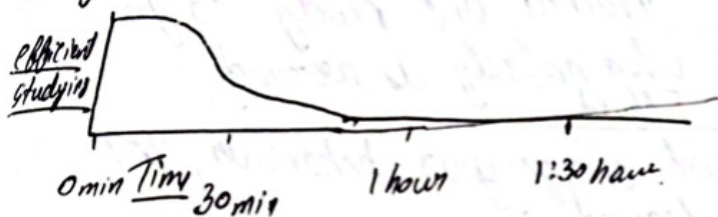
Study Less Study Smart

YOUTUBE VIDEO NOTES

by Chetneet Chouhan

Study Less, Study Smart - Marty Lobdell

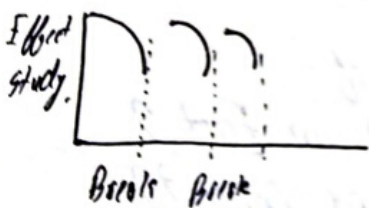
Most learning probably happens between 20-25 minutes. After that alertness goes down. Studying for more than that worsen your study performance.



Take a break, 5 min is sufficient.

↳ talk to someone, fun, music etc

"This is my treat to study effectively for 25 minutes" - in case you feel bad taking break.



Enjoy those effective 25 minutes of study.
Re-enforcing extends it.

Take a big break (special) after last 25 min chunk.

25 min studying (effective) gets converted into 30 min and continuously extending away long time.

(46) Study Space

Physical cues affects how our functioning.
~~Bedroom~~ Bedroom → Sleep, and it all happens at sub conscious level.

If no room → Get a small portable desk and a study lamp. You sit, your mind has now trained and ready to go.

Or use room when nobody is around.

Put it into Effort

If it doesn't change your behaviour, you haven't learned it.

For on true learn experience, learn differently

The more active you are in your learning, more effective study.

Rote learning (reading over and over) is not effective way of learning.

To efficiently learn → Decide if

↳ It's on Fact?

↳ or Concept?

Fact → discreet information

Concept → Understanding what.

Try to prefer Concept > fact

Understanding on concept stays with you forever.

Facts easily gets confused.

We can look up facts →
↳ superior books
↳ Google.

To learn best,

"Can you put the concept in your own words?"
if no, then you didn't understand it.
discover meaning ← ← ← struggle → → →
takes time ←

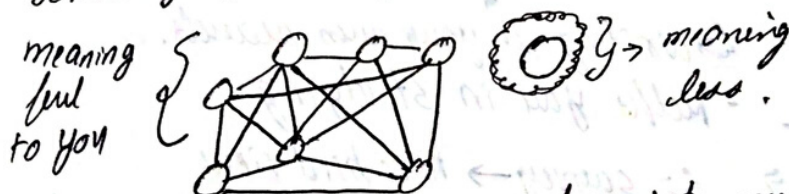
To understand. → then it clicks.

"As a student, the more you get into the "understanding, the better."

Meaningful piece is something that relates to something you already know.

Some are meaningless.

Breaking it down helps in you associating it something you already knew.



Suggestions for making meaningless into meaningful.
↳ study groups → mostly underutilized.

Remember Vs Recognize ↳ Seeing and re-reading your notes.
↓
can't reproduce

fully understood

↓
can replicate on paper or in words.
↳ reproduce

(46) Rest → telling to sleep won't make
↓ anyone & money that's why
Consolidate no ads promoting sleep.
and stress into permanent memory. Note, money can be made
by telling people to sleep.

Notetaking → after each class, add ~~depth~~
depth to your notes. Expand.
Only 5 min.

Ask Questions → teachers want you to
get succeed.

Teach it → talking out loud if nobody
to teach.

↳ writing in your own words.

Textbook - helps you in studying.

SQ3R → S = survey → ~~the~~ bird view.

actually looking for Questions ← Q = Question → while asking question
A = Read → actually looking for info
A = Recite → intend to find help
A = Review → before the test.