EFFECTIVE STUDY

Habits of effective learners



Plan ahead

Break big tasks into smaller ones and put them in your diary.



Focus in short blocks

Work without distractions, then take a short break.



Ask questions

If you are stuck, say so early. Questions show you are thinking.



Use feedback

Read it, act on it, and check your next piece of work.



Look after yourself

Sleep, eat and take a break. A rested brain works better.



Review often

Go back over old topics a little and often so they stick.

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