

# Proven Study Techniques That Really Work



## Spaced Repetition

Review info at set intervals, not all at once. Come back just as you're about to forget — this locks it in for the long term. Try apps like Anki to make it easy



## Retrieval Practice

Quiz yourself instead of just rereading notes. Actively pull answers from memory — practice tests and flashcards help make knowledge stick



## Interleaved Practice

Don't study just one subject for hours. Switch topics and problem types. Mixing things up feels harder, but it teaches your brain to spot patterns



## Elaborative Interrogation

Ask "why?" as you study. Connect new ideas to what you already know. Explaining in your own words helps you remember information better

# Study Methods

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Hudson**



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