

SMART STUDY TECHNIQUES

A Premium Guide to Boost Focus, Memory & Exam Performance

Active Recall

Test yourself instead of reading passively. Close your book and recall key concepts to strengthen memory.

Spaced Repetition

Revise at intervals: 1 day, 3 days, 7 days. This improves long-term retention significantly.

45-10 Focus Rule

Study for 45 minutes, then take a 10-minute break to maintain concentration.

Smart Notes Method

Use colors, diagrams, and flowcharts instead of long paragraphs.

Common Mistakes to Avoid

- 1 Studying without a plan
- 2 Only reading without practice
- 3 Last-minute cramming
- 4 Too much phone usage

Stay Calm & Focused

Take breaks, practice deep breathing, sleep well, and maintain a positive mindset.

Start Studying Smarter Today!