

# Study Tips

By Raymond Gerson

- Create study aids based on your learning style.
- Teach the lessons to others to reinforce learning.
- Read and then highlight instead of highlighting as you read.
- Highlight only important points and information.
- Form associations to prior knowledge.
- Paraphrase what you learn.
- Preview reading assignments before reading them.
- Stop reading now and then check your understanding.
- Make summary notes of outlines.
- Set clear goals for each study period.
- Study in short intervals followed by brief breaks.
- Anticipate test questions and create practice quizzes.
- Ask questions as you read. Turn headings and sub-headings into questions.
- Avoid multi-tasking and eliminate external distractions when studying.
- Get a good night sleep before you study.

- Read, recite, and review the material.
- Use memory aids such as acronyms, jingles, and flash cards.

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