10 STUDY TIPS THAT ACTUALLY WORK

Every tip on this page is backed by research. Built for your trial and mock exams.

1. TEST YOURSELF FIRST

Quizzing yourself beats re-reading, every time. Cognitive scientists Roediger and Karpicke proved it. Close the book, sit a past paper, mark it honestly.

2. SPACE IT OUT

Hermann Ebbinghaus mapped how fast we forget back in 1885. 3 short sessions across 3 days beat one 6-hour marathon. Start earlier, study less at a time.

3. DROP THE HIGHLIGHTER

John Dunlosky reviewed 10 study techniques. Highlighting and re-reading came last. Turn your notes into questions and answer them instead.

4. GET SOME ZZZZs

Sleep scientist Matthew Walker found sleep-deprived brains learn about 40% less. 8-10 hours locks in what you studied. The all-nighter always costs more than it pays.

5. WRITE OUT THE WORRY

10 minutes before the exam, write down exactly what you're worried about. A study in Science (Ramirez and Beilock) showed it lifts anxious students' scores.



6. ONE THING AT A TIME

Your working memory is small. John Sweller of UNSW built a whole theory on it. One subject, one desk, one open book. Everything else waits.

7. MOVE FOR YOUR MOOD

Exercise primes the brain for learning. Between study blocks, walk the dog, shoot hoops, or run. 20 minutes is enough to reset your focus.

8. TRAIN YOUR WEAK SPOTS

Anders Ericsson studied world-class performers. They practise what they can't do yet. Spend most of your time on the questions you got wrong.

9. WATCH YOUR SELF-TALK

Carol Dweck's research says ability grows with effort. 'I can't do this yet' beats 'I can't do this'. That one word changes what your brain does next.

10. BE KIND TO YOURSELF

These exams count toward your final mark, so give them your best. When a paper goes rough, Kristin Neff's research is clear: reset kindly and go again.

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