



HOW TO STUDY

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Ωηατ ις studying?



- *Studying* is application of the mind to the acquisition of knowledge by reading, investigation, or reflection.



YLES OF STUDYING

1. Visual

2. Aural

3. Reading/writing

4. Kinesthetic



VISUAL STYLE

Visual learning is a style in which a learner utilizes graphs, charts, maps and diagrams.



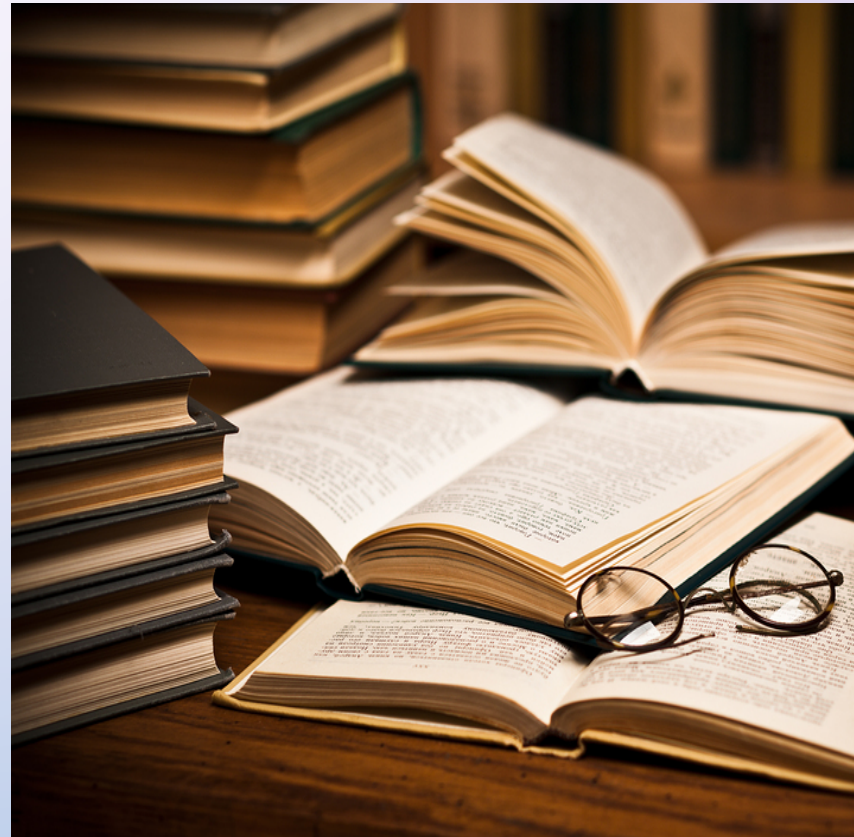
AURAL STYLE

Auditory learning is a learning style in which a person learns through listening. An auditory learner depends on listening and speaking as a main way of learning



READING/WRITING

Reading/ writing style is simply a style in which people study material by reading and writing it out



KINESTHETIC

Kinesthetic style is a learning style in which learning takes place by the students carrying out physical activities, rather than listening to a lecture or watching demonstrations.



The background features a vertical gradient from light purple at the top to light blue at the bottom. It is decorated with several realistic water droplets and bubbles of varying sizes, some with highlights and shadows, scattered across the top and bottom edges.

GENERAL WAYS TO STUDY

1. *STICK TO PRINT*



plets and other e-learning media are convenient and portable, but research suggests that traditional print materials still have the upper hand when it comes to studying

2. *LISTEN TO MUSIC*

While some experts argue the ability to concentrate during silence or listening to music while studying is left up to personal preference, many agree that playing certain types of music, such as "obscure 18th century composers," can help students engage parts of their brain that help them pay attention and make predictions. Not to mention, listening to music may improve your mood and change your whole outlook about studying in general.



3. *RELAX*



Stress hinders learning. UC Irvine researchers find that stress lasting as briefly as a couple of hours can engage corticotropin-releasing hormones that disrupt the process of creating and storing memories. Taking study breaks to exercise or drawing a few deep breaths will help your studying if they lower your stress level.

4. *STOP MULTITASKING*

Multitasking is a myth. You may think you're killing two birds with one stone by texting while studying, for example, but you're actually forming poor study habits. According to researchers, so-called "multitasking" extends your study time and ultimately may damage your grades.



5. *DO NOT OVERLEARN*

Once you've been able to cycle through your flashcards without making a single mistake, you may feel a sense of satisfaction and call it a day, or you may feel a charge of adrenaline and be tempted to continue studying. When you come to this fork in the road, keep in mind that a sharp onset of diminishing returns during overlearning." With a limited amount of time to study each topic, you're better served moving on to something else.



DISTRACTIONS





WORKS CITED

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 2. https://en.Wikipedia.Org/wiki/visual_learning
 3. https://en.Wikipedia.Org/wiki/auditory_learning
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