

10 PROVEN WAYS TO LEARN FASTER

1. Take notes with pen and paper.

- While taking notes by hand is slower and more cumbersome than typing, the act of writing out the information fosters comprehension and retention.

2. Have effective note-taking skills.

- [Cornell Method](#)

3. Distributed practice.

- Using short, spaced-out study sessions will encourage meaningful learning

4. Study, sleep, more study.

- Deep sleep can strengthen memories if the sleep occurs within 12 hours of learning the new information

5. Modify your practice.

- Making slight changes during repeated practice sessions will help you master a skill faster

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6. Try a mnemonic device.

- One of the best ways to memorize a large amount of information quickly is to use a mnemonic device: a pattern of letters, sounds or other associations

7. Use brain breaks to restore focus.

- stress and overload will prevent your brain from effectively processing and storing information.

8. Stay hydrated.

- When you fail to drink water, your brain has to work harder than usual.

9. Learn information in multiple ways.

- reading notes, reading the textbook, watching a video and the more resources you use, the faster you'll learn.

10. Connect what you learn with something you know.

- “make sure you understand the principles, i.e., the trunk and big branches, before you get into the leaves/details or there is nothing for them to hang on to.” Elon Musk