
DiploGrad™ Tips For Studying

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Note Taking

The way you take your notes can help you learn more and study less!

Cornell Notes

Each page of notes will be divided into 4 sections, title, questions, main notes, and summary. After the school day, you'll write your questions and highlight key thoughts and ideas. The following weekend after your notes is when you'll write the summary, just a couple of sentences covering key ideas. Incorporate colors to organize and section your notes. This form of note will help will make more connections in your brain increasing your retention. A study showed students forget 75% of what they learned. Cornell notes have proven to make people remember 80-100% of all the information they learned. This in the end leaves more time for things you want to do and less time studying and even increases your grades.



Learning

TEACH OTHERS (or pretend to teach others)

If you imagine that you'll need to teach someone else the material the expectation changes your mindset so that you engage in more effective approaches to learning than those who simply learn to pass a test, according to John Nestojko, a postdoctoral researcher in psychology and co-author of the study.



TAKE NOTES BY HAND

Researchers at Princeton University and UCLA found that when students took notes by hand, they listened more actively and were able to identify important concepts.

GET SOME SLEEP

The more rested you are the more active you will learn in class and the more you will remember. Even sleep between study sessions (not at school) or once you feel completely drained and you're not making progress (20-minute naps are all you need if you still have a deadline). Getting sleep in between study sessions can boost your recall up to six months later, according to new research published in Psychological Science.

USE A PLANNER

Use something to organize and manage your time to make sure you have space and time to do everything you want. The more time you put into studying upfront the less time you'll put in total. Prioritize what matters to you and fit the rest of your schedule around it.

Ask For Help

If you don't understand something, ask your teacher, a friend, or use DiploGrad.com. The longer you wait, the more it builds and the more confusing it becomes.

More Educational Resources and Support

DiploGrad.com