

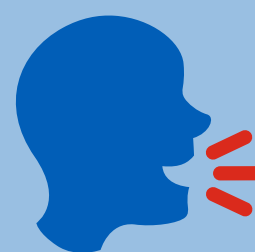
# 5 EASY WAYS

## to optimise your study time



### 1 EXPERIMENT

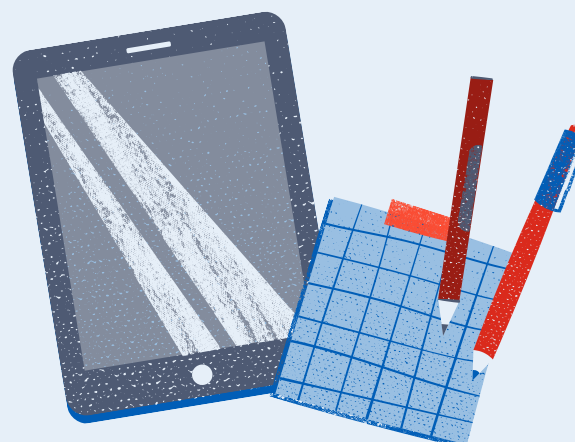
Try different study techniques like flashcards or speaking out loud to find what helps you remember best.



### 2 REFLECTION

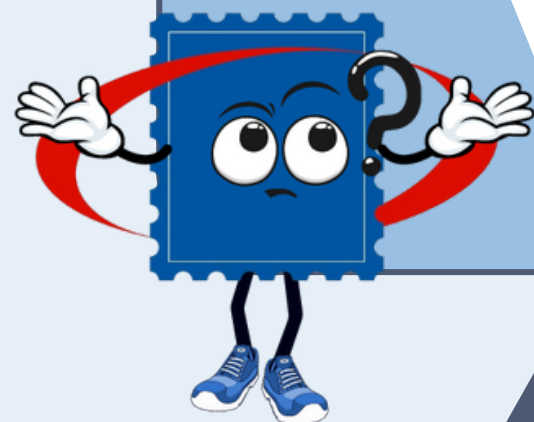


Make studying fun with quizzes, games, or challenges to stay engaged and boost retention.



### 3 GET CREATIVE

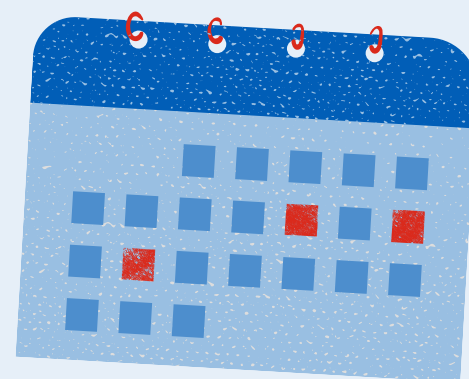
Think about what has worked before in past study sessions; what went well and what didn't, what you enjoyed and didn't.



### 4 TEST YOURSELF



Quiz yourself regularly and compare your results. Track how easily you retain information over time.



### 5 ENVIRONMENT

Adjust your study environment, including noise levels, location, time of day and whether you study alone or with others, to suit how you work best.

