test your study habits

WHAT’S AN EFFECTIVE, EVIDENCE-BASED WAY TO REMEMBER WHAT YOU’RE LEARNING?

- Ask yourself questions about your material
- Sketch out diagrams and flowcharts
- Use flashcards
- Take frequent practice tests
- All of the above

Active study methods (like asking yourself questions and taking practice tests) lead to better retention than passive methods (like highlighting and underlining), research shows.