



# Effective vs Ineffective Study Methods

## INEFFECTIVE STRATEGIES

Research has shown that many students tend to use ineffective study strategies such as:

re-reading

highlighting

re-writing notes

repeating information to yourself

cramming

These strategies can give the 'illusion of knowing', leading to a false sense of confidence and belief about what you know and remember.



## EFFECTIVE STRATEGIES



Flashcards (when used correctly)

Self-quizzing

Brain dumps

Making study guides

Practice questions/tests

Spaced practice