

# Study Skills Guide

Pomodoro · Active Recall · Spaced Repetition · Exam Tips

[jasperspace.netlify.app](https://jasperspace.netlify.app) ✦ Your learning journey starts here

## Study Skills Guide

Simple, proven techniques to help you study smarter — not harder.

---

### 1. The Pomodoro Technique

One of the most effective study methods in the world. Here is how it works:

- Study for 25 minutes with ZERO distractions
- Take a 5 minute break
- Repeat 4 times
- After 4 rounds take a longer 20-30 minute break

Why it works: Your brain stays fresh. You avoid burnout. Short bursts of focus are more effective than long unfocused sessions.

---

### 2. Active Recall

Instead of re-reading your notes (passive), test yourself on them (active). This forces your brain to actually retrieve information which strengthens memory.

#### How to do it:

- Close your notes and write down everything you remember
  - Use flashcards — question on one side, answer on the other
  - Teach the topic out loud as if explaining to a friend
  - Do practice questions without looking at notes first
- 

### 3. Spaced Repetition

Review material at increasing intervals instead of cramming. Example schedule:

Day	Action
Day 1	Learn the topic
Day 2	Review it
Day 5	Review again
Day 14	Final review
Exam day	Light review only

## 4. Creating a Study Environment

- Remove your phone or put it in another room
- Use lo-fi music or white noise if silence is hard
- Have water nearby — dehydration kills focus
- Study at the same time every day to build a habit
- Good lighting reduces eye strain and fatigue

## 5. Exam Preparation Tips

- Start revision at least 3 weeks before the exam
- Make a revision timetable — assign topics to specific days
- Do past questions — they reveal exactly what to expect
- Sleep well the night before — memory consolidates during sleep
- Eat before your exam — your brain needs fuel

Struggling to stay focused or build a study routine? Book a Study Skills session with Jasper Space and we will create a personalised plan just for you!