

Knowing what and when to study can be a tricky decision to make. The task is even harder when you have to learn and remember six massive subjects, each with its own specificities and nuances. Scheduling the responsibility over a specified time frame makes perfect sense if you want to avoid cramming, crying over how Triple Threat Day is near, and crippling your sanity and circadian rhythm. But, it's also difficult to create a schedule that juggles your schoolwork, downtime, and extracurricular activities all in one. This is why it can be more important to study smart rather than study hard. Let me tell you about... spaced retrieval practise!

Spaced retrieval practise is a studying technique that is especially useful for ensuring that you know and remember large amounts of information for a daunting exam, in other words, it's to help you prep for the Quiz. **It relies on the repeated recollection of information over a period of time in separated intervals to strengthen your memory of that data.**

When planning your schedule, it is essential that you follow these steps:

1. **KEEP IT SIMPLE & EASY***
2. Split the syllabus into parts**
3. Allocate a few hours (1-2hrs) to researching each part and take notes
4. Do steps 1 and 2 with another subject
5. Alternate between each subject chosen
6. Regularly test yourself on each subject part
7. Take note of your weak points and review
8. Repeat

*This is most important than anything else. If your schedule is too hard, you might miss days, work will build-up, and you'll lose motivation to continue.

**more often than not, the syllabus is already divided for you.

Keep in mind that that is just a template example of the type of schedule you should have. Maybe you don't have the time to study for 2 hours every day or maybe you can handle more hours. **The important thing is that you alternate between learning each subject and continuously test yourself in intervals.** When I say test yourself, I mean no Googling and no notes; everything will be from your memory. The only way for information to really stick in your head is by continuously reminding your brain that you already have the data and that you can retrieve it from your memory.

Make a schedule that works for you and you can COMFORTABLY follow. Even if you only study for 30min every day, that is better than cramming a couple of days before your round. Consistency is the key here and there is no point in having a packed schedule that you cannot realistically follow.

To make it easier for you to review and test your notes in the future, making or using a

pre-existing Quizlet deck will make assessing yourself even less demanding. They have games that you can play and even an automatic testing system so that you don't have to make your own quizzes. There are many tools online that you can use to make studying more fun and more engaging so use those to your advantage. Reading one's notes over and over again is a harder, duller, and less effective way to review for an exam. Have multiple practice exams over time and you will significantly be more prepared!