

KEY

HOW TO BE A SMART COOKIE

Ex.3.

1. Spaced repetition (study short but often, study regularly)
2. Find your own style (everyone is different and prefers different studying techniques...reading, listening, alone, in a group, etc.)
3. Good night sleep.
4. Focus
5. Pomodoro Technique (timer – relax-timer)
6. Hard stuff first.
7. Exercise/meditate and converse (it creates new neurons/bigger brain potential)
8. Go places (studying in nicer spaces makes learning more effective)
9. Take fun seriously (release of positive emotions/expands learning potential)
10. Space your studies (have time to repeat)
11. 30% read 70% recite (if you have 60 minutes: 20 minutes reading, 40 minutes reciting/revising) – best results
12. Instant self-test (you can memorize 30 % more, this extra effort helps)
13. Don't force it! (if you feel it's not your day, take a break and go back to it later).

Ex.4.

1. o
2. m
3. k
4. l
5. g
6. b
7. i

8. e

9. a

10. h

11. f

12. c

13. p

14. s

15. q

16. t

17. r

18. n

19. u

20. j

21. d

Ex.5.

1. brain
2. progress
3. procrastinate
4. focus
5. to shut down
6. windowless
7. clue
8. motivated