**Pomodoro Technique (structured study + break time)**

* 25-minute dedicated study intervals with a 5-minute break at the end of each.
* Break: mindless relaxation (e.g., meditation, listening to music, exercise).
* A 15-30 minute break is recommended on the 4th interval if studying for 2+ consecutive hours.

**SQ3R Technique (textbook reading retention)**

* **Survey:** Start by skimming through the chapter, taking notes on major headings, subheadings, and images.
* **Question:** Create a few questions based on your notes after skimming through the chapter (e.g., “what causes that to happen?”, “what does this mean?”).
* **Reading:** Read the entire chapter and see if you can answer some of the questions you created.
* **Recite:** After reading the chapter, write down a summary of your findings and any key points.
* **Review:** The final step is to evaluate your understanding of the material by quizzing yourself on the questions you initially created. If there are still areas of confusion, try rereading the portion that focuses on that topic.

**Feynman Technique (information mastery)**

1. Begin by writing the topic/concept at the top of the paper.
2. Then, explain the topic/concept in your own words, writing as if you were teaching it to someone who has no previous knowledge of the subject.
3. Next, review what you wrote down and fill in any existing gaps or areas of misunderstanding.
4. If there are any areas where you used complex terms, simplify the wording to make it easier to understand.

**Leitner System (studying flashcards)**

* After creating your flashcards, place each of them in box #1
* Move the flashcards up a box if you get them right (i.e., correct flashcards from box #1 are moved to box #2; correct flashcards from box #2 are moved to box #3…)
* Move the flashcards down a box if you get them wrong (i.e., incorrect flashcards from box #3 are moved to bbx #2; incorrect flashcards from box #2 are moved to box #1…)
* The following explains how frequently you will study each box of flashcards:
  + Every day — Box 1
  + Every two days — Box 2
  + Every four days — Box 3
  + Every nine days — Box 4
  + Every 14 days — Box 5

**Concept Map (a visual for organizing topics with multiple layers)**

1. Begin by writing the central concept in the center of the paper.
2. Next, write categories that contribute toward the central idea around the initial concept, connecting each one with a line.
3. Continue creating subcategories around the previous concept until you reach the depth of understanding desired.
4. Your concept map is complete when the smallest detail you wish to include is written.

*\*Feel free to use colors, pictures, and different shapes to help categorize each area of*

*your map*

**Symbolism through storytelling (associating details with a concept)**

* Assign an item, person, place, color etc., with a piece of information you would like to recall.
* Create a story that is easy to follow/remember using the chosen items, people, places, colors, etc.
  + E.g., you want to associate a pencil, bacteria, red, and Mcdonald's with an airplane
    - While flying on an *airplane* to *McDonald’s*, my *red pencil* fell on the ground collecting all of the *bacteria*.
* *You can associate any details with a concept*, making information recall fun and easy!