Affirmations & Reflections: How to Study Effectively

Bonus material for uniquestoremarket.com's "How to Study Effectively" guide. A handout to keep nearby while you work through the six chapters, or to read one per day.

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1 **Feeling fluent and being prepared are different states, and only one of them is graded.**
Reflection: When did a page feel familiar to me, and could I have produced it from memory?

2 **If I cannot write it down, say it aloud or explain it to someone, I do not yet know it.**
Reflection: Which topic am I most confident about, and what happens if I close the book on it now?

3 **Retrieval practice means pulling information out of my head rather than putting it back in.**
Reflection: In my last five study sessions, how many involved producing material from memory?

4 **A blank answer is a gap that re-reading would have concealed.**
Reflection: Which question did I leave blank last time, and where is it now?

5 **I attempt an answer before I flip the card or open the notes.**
Reflection: Where do I flip or peek too early, and what would stop me?

6 **The same hours, spread across days, produce more durable memory than one big block.**
Reflection: Which subject could I split into three separate slots this week?

7 **Having partly forgotten something is the method working, not failure.**
Reflection: How do I usually react when something solid on Tuesday is hazy on Friday?

8 **Interleaving makes my practice worse and my exam performance better.**
Reflection: Which topic do I always practise in blocks that I could shuffle with others?

9 **I can explain an idea without the textbook's vocabulary, or I have only memorised the sentence.**
Reflection: Which core concept could I explain aloud right now in sixty seconds?

10 **My plan is built by topic and method, not by hour, so one lost day does not break it.**
Reflection: What is my fifteen-minute minimum for a day that collapses?

11 **Revision time should go to the shaky topics, not the ones I enjoy.**
Reflection: Which topic have I been quietly giving the most time to, and is it the one I need?

12 **A past paper is worth most when I sit it early enough that the results can still change my plan.**
Reflection: When is the latest date I could sit a full past paper timed and closed-book and still act on what it shows?