

Study Strategies

**Key Tactics To Study
Fast And Smart!**

Study Strategies



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Kill distractions!

Here we go!

One of the key challenges you can face with power boosting your career is studying!

You REALLY need to study smart.

The first step is to kill distractions!

Distractions come in many forms:

- Your cell phone
- Email
- Surfing
- Social life
- Other priorities
- Etc.

Basically you can find a million reasons not to do what you have to do.

It is not about spending long hours of unproductive study time.

It is about being effective and smart!

We'll cover these various distraction strategies individually as they are the keys to your success!

Measure your productivity!

If I ask you:

"How productive was your day?"

You can come up with the exact answer.

Really, estimate your daily productivity level between 0% and 100%

If you don't score as high as you would like, ask yourself:

"What would raise your productivity level from x% to 100%"

Then, do something about it!

It is not just about blindly rushing into it!

You need to strategize your steps and come up with a plan of action you can easily implement.

Strategize your study time!

Yes!

Absolutely!

This is a battle and what you want to conquer are skills and knowledge!

Now, of course, your mind can resist change.

The way to win this is to give rhythm to your study time + Don't over discipline yourself.

Give rhythm to your study time!

Rhythm means that you shifts activities frequently + take many short breaks.

The ideal study cycle can be around one hour.

After one hour, stand up, stretch your legs, get a snack - Take a 5 to 10 min break and come back.

You can do some stretches, push ups or light jogging.

Anything that clears your mind and energizes your body is good.

Don't over discipline yourself

Aiming too high IS a mistake!

Why? Because too much discipline actually kills the fun and excitement you might have about a topic.

Most topics have something interesting about them.

It simply depends on the angle or how you approach it.

Too much discipline requires too much will power and will power is something you can run off.

Instead, choose a study rhythm you can easily maintain without major effort.

That's the ideal goal!

I know... Sometimes you are pressured by time and you need to boost your productivity and study long hours.

But guess what? Usually, that's something you can predict, so plan ahead.

If you start early on a topic the mind sets associated with it are integrated in your mind progressively.

Give yourself space and time.

Study SMART!

Studying smart means that the strategies you design are the best you can come up with.

You need to understand how your mind works.

Your mind needs rest and breaks.

It needs shifts and variation, otherwise it gets bored.

It needs small chunks of information it can easily digest.

Choose small chunks of information you can easily digest

For every topic, you need to identify the core key concepts that represent the foundation for that topic.

Knowledge is not a cloud of incoherent information.

If you structure a specific topic and oversee the way it is REALLY organized, then it makes it possible to digest.

Not every piece of information has the same value, right?

Some facts are totally central, while other elements might be really secondary or even irrelevant.

Rather than having a linear succession of facts, work with mind maps to organize your knowledge.

Work with mind maps and other visual tools

That's one major strategy that can radically shift the pleasure you have with any topic.

Some authors write in a super dry way and have no idea how to transmit what they know in an exciting way.

They will overload you with irrelevant information and flood you with detailed facts without giving you structure or the full picture.

If you take notes, rather than simply writing one fact after the other, put the name of the topic in the centre and from that centre radiate facts out.

Use colours to highlight what really matters.

Use short concepts rather than full explanatory sentences.

This is what will digest any topic for you!

Make it practical!

Theories can be dry!

Succession of facts can be hard to digest.

Now, a good way to remember facts is to see these facts into action.

In other terms, turn a theory into a practical expression of that theory.

Make it practical!

Practice that theory rather than focusing on the theoretical fact itself.

Study or Party? - Do I need to choose?

You are aware of that, right?

A hang over is NOT going to help you integrate what you need to know to pass your exams!

It takes 2 to 4 days to get over a heavy partying night + your level of energy might be pretty low during that time.

Is it worth it?

Of course not!

Does it mean that you have to cut all social contacts and hide in cave?

Yeah... Right!

Look, if you approach your social life with some measure, there is no problem at all.

You can go and feast with your friends and have a good time.

It's excess that kills you!

So, here are some simple rules:

- Yes! Do socialize! - It's good for you!
- No excess!
- Get enough sleep!
- Give yourself a good energy boost with some healthy smoothies or a jog early morning the day after.

This is it really!

You don't have to punish yourself and become a monk in a tower of books!

Study Strategies

No need to!

Remember: Measure! No excess!

Good luck!

Conclusion

I hope you enjoyed this book!

Feed back? Questions? Success stories?

Email me at francisco@vitalcoaching.com

For coaching:

<http://vitalcoaching.com/coaching.htm>

For more:

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To your power!

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