

Study Plan Based on “How to Study for Exams by Ali Abdaal”

Step 1: Scope the Subject

1. Create a master mind map of each syllabus
 - Get a general idea of the main topic and how each sub topic relates to the bigger picture
2. Create more detailed mind maps for each sub topic included in the master mind map (if needed)
3. Do some research to get a general understanding of the topic
 - Save mind maps in front to reference to throughout the semester

Step 2: Go to Class

- Most learning isn't done here
- Take it easy, meet some study buds
- Have a notebook out and get a general scope of the lecture (headings and subheadings)
- Write down any important things the prof mentions
- Write down all lecture slides if prof doesn't post slides online

After class:

- Create active recall questions from lecture slides and write down answers from slides on back of card

Step 3: Study Routine

WHEN TO STUDY

1. Create a study schedule
 - Set a time and place to study and consistently show up
 - Chose discipline over motivation
 - Create an enjoyable study routine and study space
 - Take 10-15min breaks when focus depletes
 - Schedule in 3 hours of study a day each 5 days a week
 - Get all work done within the limits of the schedule (may get unbalanced during exam season)

WHAT TO STUDY

2. Create a retrospective study table for all classes
 - Reference this first at the beginning of each study session
3. Create a retrospective study table for each class including all subtopics
 - Use google sheets or notion
 - Give study session rating based on how well you know information (green, yellow, orange, or red)
4. Interleave subjects within one study session to keep brain active

- 1st hour: health
- 2nd hour: history
- Etc

Step 4: Reading Routine

1. Decide on a canon of resources per class
2. Read one subtopic at a time then pause and ask these questions
 - Does this make sense?
 - Can I explain this in simple terms?
 - Do I know how point A goes to point B to C, etc?
- Highlight if need to stay engaged, but overall highlighting is low utility
3. Then while pausing create flashcards
 - Write questions based on what was read
 - Write answers on the back of the flashcard from textbook
- Prioritize understanding over brute memorization
- Paid quizlet implements spaced repetition

Step 5: Actual Studying - Active recall

1. Spend most time studying active recall questions made from readings and lecture notes
2. For essay exam
 - Create essay questions based on past exams or on own
 - Create an essay plan for each question
 - Create a mind map for each essay plan
 - Break up essay plan into segments onto flashcards in order to memorize
 - Use peg system to memorize dates
3. Recreate mind maps from memory
- Studying techniques
 - Mnemonics
 - Mind palaces