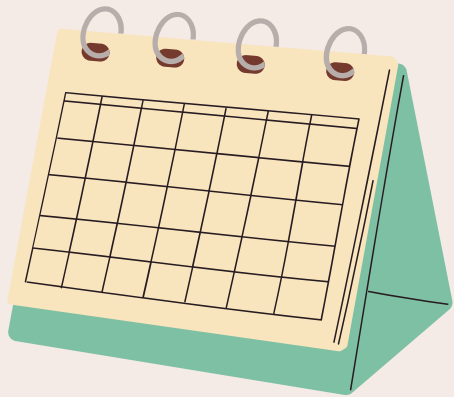
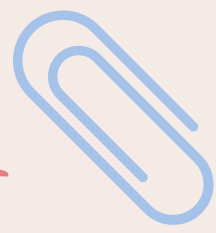
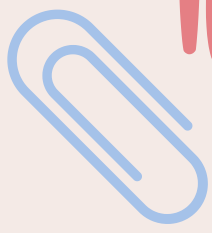


# HOW TO MAKE INFORMATION 'STIC'



## Spacing

Space your learning/retrieval sessions with break intervals. Forget the information then re-learn to solidify it into your long-term memory.

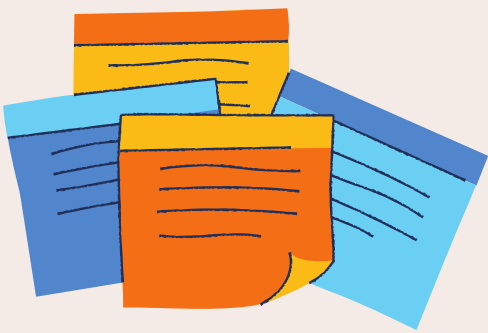
## Testing

Practise active recall before, during and after learning. Flashcards, exam questions, quizzes work great!



## Interleaving

Mix it up! Study with 2-3 topics at a time instead of blocks of the same topic. Your brain is making some deep connections here.



## Categorising

Organise a large amount of information into sub-topics/themes as you learn. Mindmaps and flowcharts are the way to go!

