

Study less, remember more

How spaced repetition and self-testing beat rereading notes the night before an exam.

Five steps from cramming to a real plan

01

Forgetting

Why notes you read on Monday are gone by Friday.

02

Spacing

Review at growing gaps: 1 day, 3 days, 1 week.

03

Recall

Close the book and write what you remember.

04

Flashcards

One question per card, sorted by how well you know it.

05

Schedule

Turn the exam date into a weekly review calendar.

PART ONE

01

→ FORGETTING

Forgetting.

We start with the honest truth:
rereading feels productive, but most
of it fades within days.

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- QUICK QUESTION

If you **reread a chapter three times**, could you still **explain it with the book closed** next week?

PART TWO

02

→ METHOD

Method.

Next we build the method: spaced review, active recall, and a flashcard box you check every day.

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END OF LESSON 01

Thanks.
See you
Thursday.

EXAM READY SERIES • STUDY SKILLS

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