



TOPPERS HUB
ACADEMY

FOR ALL STUDENTS

Study Skills

Memory Techniques & Smart Learning

A free study resource by **Toppers Hub Academy**

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How Memory Works

- Information moves from short-term to long-term memory through revision.
- Spaced repetition – reviewing at increasing gaps – beats last-minute cramming.
- Active recall (testing yourself) is far stronger than re-reading.
- Sleep helps the brain consolidate what you learned during the day.

Powerful Techniques

- Mnemonics turn facts into easy-to-remember phrases or acronyms.
- Mind maps link ideas visually for better recall.
- The Feynman technique: explain a topic simply to test understanding.
- Chunking breaks long information into smaller, memorable groups.

Smart Study Habits

- Study in a fixed, distraction-free spot at the same time daily.
- Take short breaks using the Pomodoro method (25 minutes study, 5 minutes rest).
- Teach a friend – if you can explain it, you know it.
- Revise notes within 24 hours to lock in learning.

Want personalised study coaching? Talk to our mentors at Toppers Hub Academy.

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