

A guide to **STUDY TECHNIQUES**

Developed as part of
ICMR's Multistate Implementation Research Study on Improving
Mental Well Being Among School and College Students





Benjamin Franklin once said,

“Tell me and I forget, teach me and I may remember, involve me and I learn”

Learning is not just a process of acquiring new knowledge and skills by studying.

Learning is like unlocking new doors in the mind, where each key you find opens up a world of new possibilities and discoveries. It's the adventure of exploring, growing, and becoming more curious about the world around us.

Very often, we find it challenging to discover study techniques which are both effective and which make learning fun.

Let's explore some learning and memorising techniques together.



As students, we go through exams, assignments, and endless deadlines. At times, there is so much to study and so little time.

This is where study techniques come in!

Source: Created by TISS

What are Study Techniques?

Study techniques are methods and strategies used to make understanding and memorization more effective and efficient.

These techniques help you understand and remember information better, manage your time wisely, and stay organised.

Understanding comes from **making associations, building connections, and linking new information** to what you already know.

Memorization is essential for **recalling key facts and details** to deepen your knowledge.

Understanding and memorization work hand in hand, both playing essential roles in the learning journey.

Using study techniques can improve your productivity, reduce stress, and enjoy the learning process more!



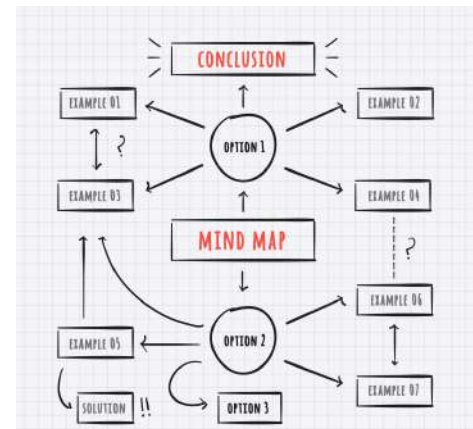
Source: Freepik.com

MIND MAPPING

What Is a Mind Map?

A mind map is a **visual tool** that helps organise information and connect ideas.

By creating a mind map, you can visualise what you are learning which helps remember complex concepts with many interconnected ideas.



Source: Freepik.com

When to use a Mind Map?

1. **Brainstorming ideas:** It helps visually organise thoughts and explore connections between concepts.
2. **Studying complex subjects:** Visualising relationships between key ideas aids in understanding and recall.
3. **Preparing for exams:** It simplifies revision by creating an overview of all important topics and details.
4. **Summarising information:** For condensing complex topics into an easy-to-understand format.
5. **Planning projects or essays:** It helps break down tasks and structure content logically.

How do I create a Mind Map?

1

Start with the Central Idea:

Begin in the middle of a page with a word and an image or colorful symbol that represents the main topic.

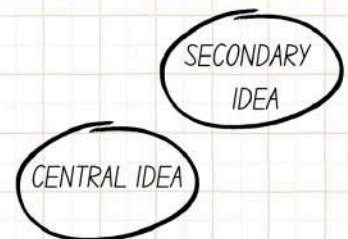


CENTRAL IDEA

2

Add Secondary Ideas:

Branch out secondary ideas from the central image using capital letters. These should represent key concepts related to the main topic.



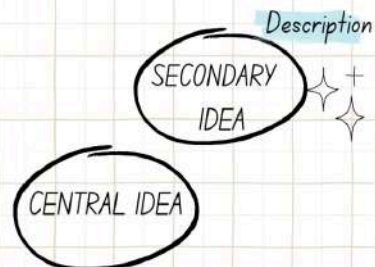
SECONDARY IDEA

CENTRAL IDEA

3

Use Images and Words:

Create images or symbols to represent secondary ideas and add words to highlight important aspects.



Description

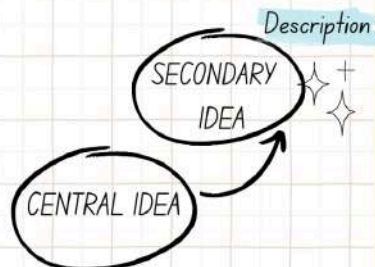
SECONDARY IDEA

CENTRAL IDEA

4

Connect with Lines:

Use lines to connect and associate different ideas.



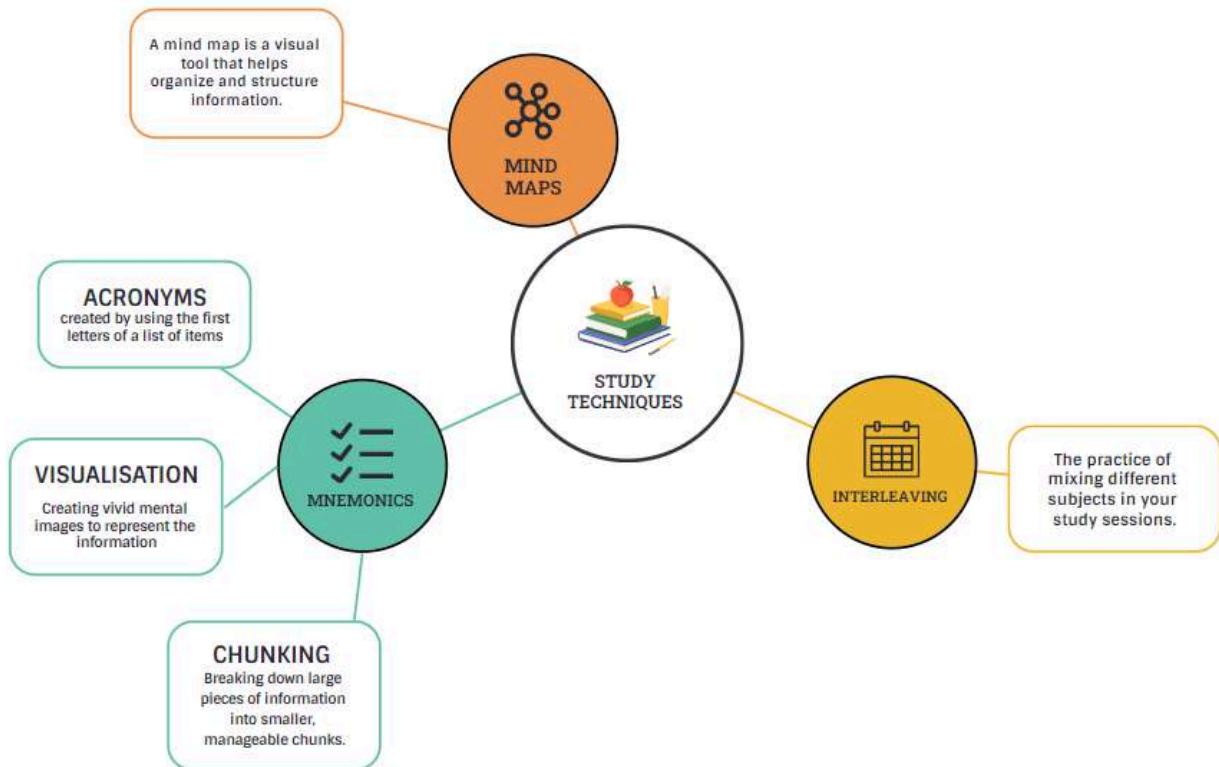
Description

SECONDARY IDEA

CENTRAL IDEA

Source: Created by TISS

Example: This is an example of a mindmap of Study techniques:



You can try to make your own mind map here:

Feel free to add more ideas, images, and associations. Be creative!

MNEMONICS FOR MEMORIZATION

Memorising is often a big part of studying.

However, memorisation of specific information can be challenging at times. Using **mnemonics**—memory aids that make use of associations—**can make it much easier**.

When to use Mnemonics?

1. **Memorising lists or sequences:** Acronyms and chunking help break down information into manageable parts (e.g., learning steps or processes).
2. **Remembering key facts or terms:** Acronyms simplify recall by using the first letters of key terms
3. **Learning complex concepts:** Visualization helps form mental images, making abstract ideas more concrete and memorable.
4. **Studying for exams:** Mnemonics are great for quickly recalling facts, formulas, or definitions under pressure.
5. **Remembering difficult information:** These tools provide creative ways to recall details that might be otherwise hard to remember.



Source: Freepik.com

I. Acronyms

Acronyms are created by using the first letters of a list of items to form a memorable word or phrase.

How to Use It:

1. Identify the key items you need to remember.
2. Take the first letter of each item.
3. Arrange these letters to form a word or phrase that is easy to recall.

Here are some examples:



Source: Cultivateadvisors.com

To remember criteria for setting goals:

SMART

Specific, **M**easurable, **A**chievable, **R**elevant, **T**ime-bound

To remember colours of the rainbow:

VIBGYOR

Violet, **I**ndigo, **B**lue, **G**reen, **Y**ellow, **O**range, **R**ed

Try making a mnemonic for yourself here -

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

II. Visualisation

Visualisation involves creating vivid mental images to represent the information you want to remember.

How to Use It:

1. Convert the information into a visual form.
2. Create a detailed and vivid mental image that represents the information.
3. Associate the image with the concept or fact you are trying to remember.

Here's one way visualisation can be used :

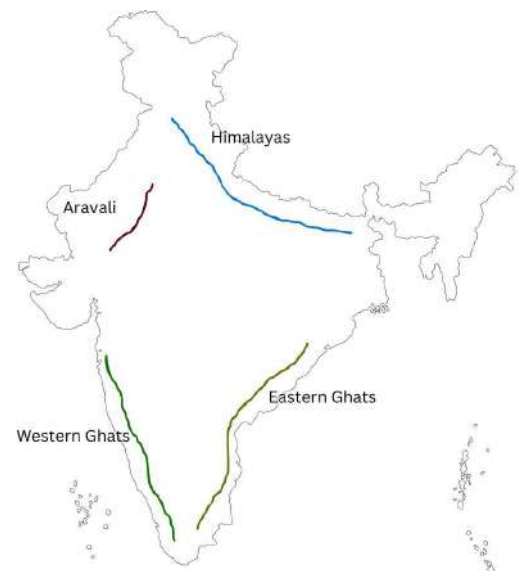
To remember **Major Mountain Ranges in India**, picture a map of India with mountain ranges in different colours:

Himalayas: Snow-capped peaks in white and light blue across the northern border.

Western Ghats: Lush green mountains along the western coast with dense forests.

Eastern Ghats: Rugged brownish-green hills on the eastern coast.

Aravalli Range: Low, ancient hills in brown and grey across Rajasthan.



Source: Created by TISS

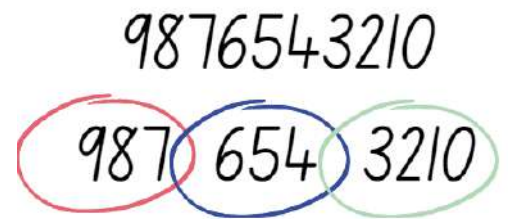
You can create your own visual cues here -

III. Chunking

Chunking involves breaking down large pieces of information into smaller, manageable chunks.

How to Use It:

1. Break the information into smaller, logical groups or chunks.
2. Memorise each chunk separately.
3. Combine the chunks to recall the entire information.



Source: Created by TISS

To remember a long sequence of digits (e.g., 9876543210)

We can break it into smaller groups: 987 - 654 - 3210.



Source: Freepik.com

Note down subjects and topics where 'chunking' can help you remember:

- _____
- _____
- _____
- _____
- _____
- _____

INTERLEAVING

Interleaving is the practice of mixing different subjects or types of problems in your study sessions.

Instead of focusing on one topic for a long period, you alternate between different topics.

How to use it:

1. **Mix Subjects in your study session:** For example, study science, then switch to historical dates, then practise math problems, and return to science.
2. **Alternate Skills:** If learning a language, alternate between reading, writing, speaking, and listening exercises.

Benefits of Interleaving:

- Keeps your brain engaged and reduces monotony.
- Enhances your ability to differentiate between concepts.
- Improves long-term retention of information.

Let's Practise Interleaving:

Source: Created by TISS

My Study Schedule

Subjects / Topics to study	My schedule
1. _____	Time Block 1: _____
2. _____	Time Block 2: _____
3. _____	Time Block 3: _____
4. _____	Time Block 4: _____



Remember techniques of Time management? You can apply the Pomodoro technique and Eisenhower's Matrix while creating your Study Schedule.

By using these techniques, you can improve your study habits and make learning more effective and enjoyable.

Remember, understanding and making connections lead to better results than rote memorization!

Time to ponder

Which technique did I find the most relevant and useful?

- ☐ **Mind map**
- ☐ **Acronyms**
- ☐ **Visualisation**
- ☐ **Chunking**
- ☐ **Interleaving**

How will I use these techniques to organise my study sessions?



Source: Freepik.com



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