

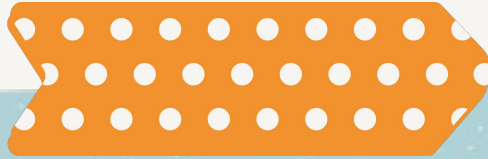
A decorative banner at the top of the slide features a string of colorful flags in purple, orange, and yellow, hanging against a white background.

**How to Succeed Academically?**

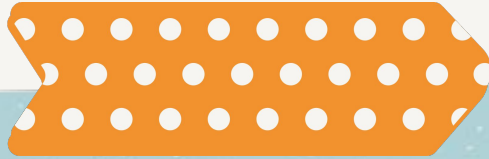
# Study Methods and Habits

**Momina Butt**

# Why University Feels Harder Than High School?



**Faster pace and  
Volume of  
Material**



**Independent  
Learning  
Expectations**



**Different  
Assessment Style**

# Why You Should Go to Class

## Snowball

Skipping one class feels harmless, but it often leads to missing more. Suddenly, you're behind on weeks of material, and catching up becomes overwhelming.

## Processing

Watching a recording is passive. In class, you can ask questions, hear examples, and pick up hints from the professor that don't make it into the slides.

## Engagement +

Even if you don't fully understand the lecture, your brain is still working. Being present helps you absorb and connect ideas in ways a recording can't.

# Study Techniques

**Spaced Repetition:** Instead of cramming, review the same material several times over days or weeks. This strengthens memory and helps information stick long-term.

**Active Recall:** Test yourself without notes (flashcards, practice questions, or writing what you remember). Struggling to recall actually strengthens learning.



**Pomodoro:** Study in short, focused bursts (about 25 minutes), then take a 5-minute break. This keeps your brain fresh and prevents burnout.

**Feynman Technique:** Pretend you're teaching the topic to a friend. If you can explain it in simple words, you truly understand it.

# Lifestyle!



1

## Sleep

When you sleep, your brain organizes what you learned. Without it, focus and memory drop, making studying way harder.

2

## Food

Eating well gives steady energy. If you skip meals or rely only on junk, you'll crash, lose focus, and studying feels impossible.

3

## Exercise

Moving your body reduces stress and boosts motivation. Even short walks or workouts can clear your head and help you learn better.



Thank you!  
Questions?

