

Study Smarter

Learn more in less time with proven study methods: planning, focus, active recall, spaced repetition, note-taking, exam preparation and healthy habits.

E-BOOK • US LETTER

- Proven methods that really work
- Study plans, focus and note-taking
- Exam countdown and weekly planners

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This e-book offers general study advice for students in high school, college and adult education. It does not replace guidance from your school, teachers or student services. If stress, sleep problems or low mood affect your studies, talk to a counselor or doctor.

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