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USE PSYCHOLOGY

to Make Entrance Preparation Easier!



Struggling to remember what you studied? Psychology can help.

In this post, we'll explore powerful psychological techniques that can make learning faster and easier.

Understanding these principles can significantly enhance how you learn and perform in exams.

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The Primacy and Recency Effect

We remember information better at the beginning (primacy) and end (recency) of a session.

How to Use:

Prioritize important topics at the beginning and end of your study sessions.

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The Spacing Effect

Information is better remembered when study sessions are spaced out over time.

How to Use:

Space your study sessions with breaks and review topics at intervals to boost retention.

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The Testing Effect

Testing yourself improves memory more than re-reading.

How to Use:

Regularly take quizzes, attempt practice tests, and practice using flashcards.

"Tip: Use our app for Chapter-Wise Quizzes."

Google Play

App Store





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The Pomodoro Technique

Short, focused study sessions with breaks improve concentration and retention.

How to Use:

Study for 25 minutes, then take a 5-minute break. Repeat.

This method boosts focus and productivity.





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State-Dependent Learning

Information is best recalled in the same mental or emotional state it was learned.





How to Use:

Try to maintain a similar calm, focused mindset while studying and taking exams.

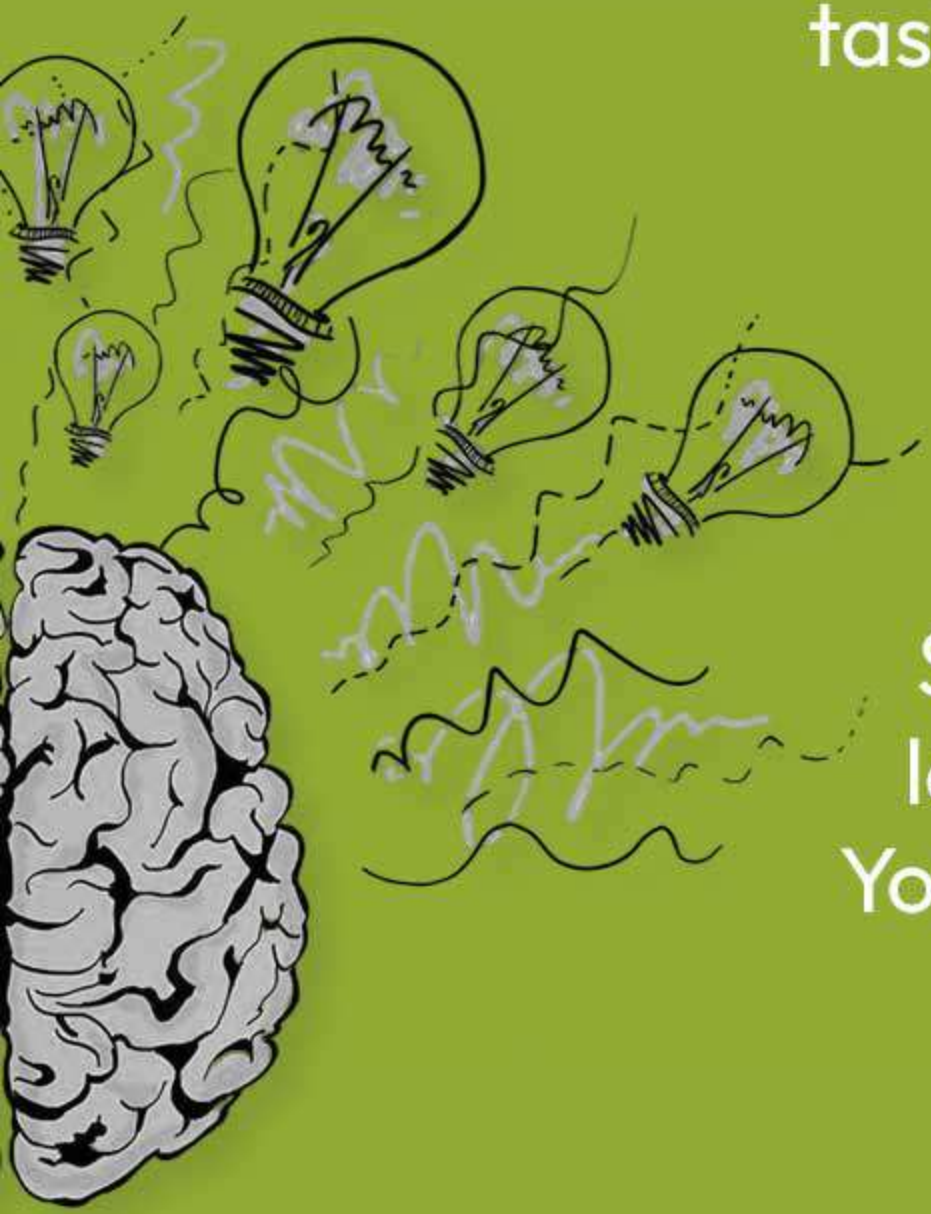


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Zeigarnik Effect

We remember unfinished tasks better than completed ones.



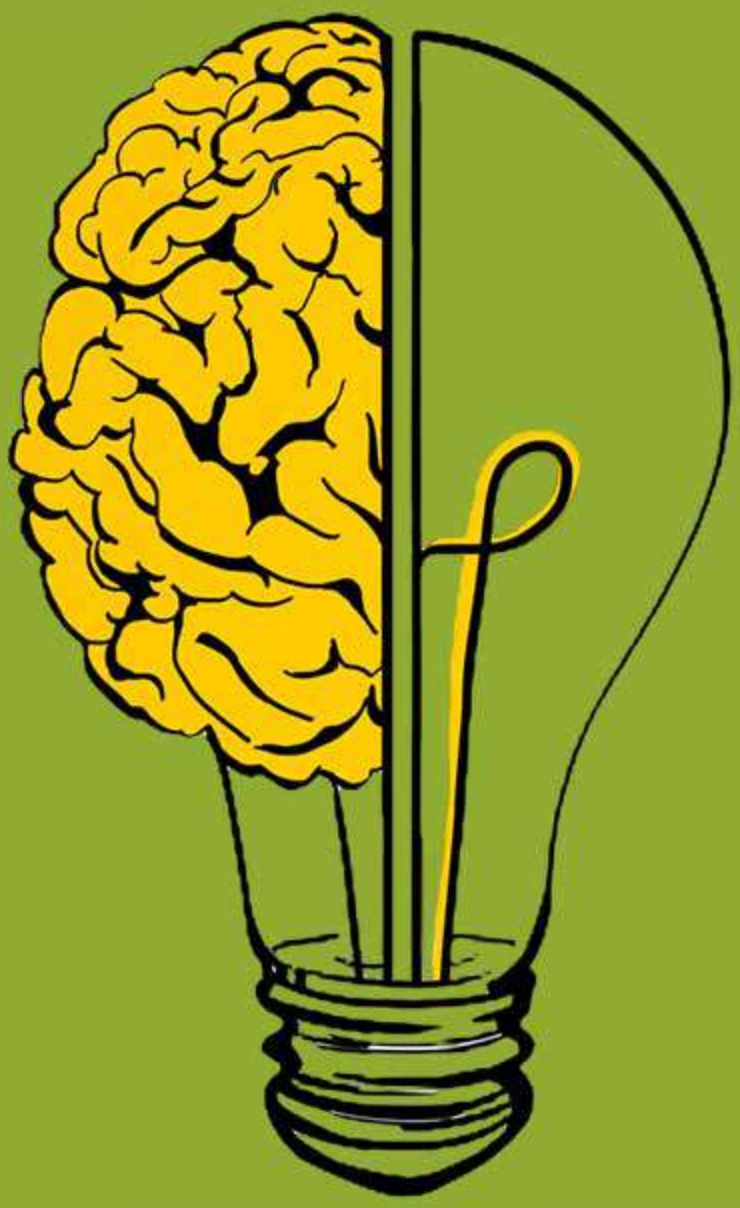
How to Use:

Start studying a topic, but leave it slightly unfinished. Your brain will keep thinking about it, enhancing recall.



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These psychological techniques can transform your learning experience. Practice them regularly to boost retention,focus, and exam performance.

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