

Exam Success Decoded: Busting the 3 Biggest Study Myths Holding You Back

Category: Exam Preparation Read Time: 5 min read

- **Ditch Passive Review:** Swap highlighting and re-reading for Active Recall. Test yourself constantly to boost retention.
- **Stop Cramming:** Use Spaced Repetition to spread your study sessions out over time. This beats last-minute cramming.
- **Mix It Up:** Don't block-study one subject. Interleave different subjects to keep your brain engaged and improve learning.
- **Single-Task for Success:** Embrace Deep Work by eliminating distractions. Multitasking is a myth that kills productivity.

Source: <https://www.studymaxx.com/blog/exam-success-decoded-busting-the-3-biggest-study-myths-holding-you-back>