

Most effective study methodology

8-minute breathing exercise that best prepares your brain for retention before studying:

- Set an 8 minute timer.
- Inhale slowly through the nose for 5 counts. At the top of the inhale pause for 2 counts.
- Exhale slowly through the nose for 5 counts. At the bottom of the exhale pause for 2 counts.
- Repeat for 8 minutes before any learning, study, reading, or conversation you want to retain.
- If your mind wanders or you stop counting, be gentle, just redirect back to the counts. Done.

The study method:

- Choose one topic/page/unit in the formula guide/textbook/curriculum.
- **BRAIN DUMP**: Write down EVERYTHING you can remember about that topic without looking in PENCIL (**color 1**).
- **COLOR CHECK**: Go into the guide and write down everything you missed or wrote down incorrectly in PEN (**color 2**).
- Choose the next topic, same thing. Keep going until you get through the entire study guide/book/curriculum.
- Wash, rinse, repeat. This works for all contents and assessments. Keep using this study method until a few days before your assessment. You will still need to actually do practice problems and answer questions daily.

Rules to maximize this method:

- **Avoid Transcription**: Do not copy your textbook or slides word-for-word. Translate the unit into your own words or your own shorthand.

- Time Box It: Set a strict time limit (e.g., 20–30 minutes) to push your brain to recall information quickly.
- Embrace the Mess: Don't worry about formatting or making it look pretty. The goal is information retrieval, not aesthetics.