



Although learning a new topic requires time and effort, cramming the material won't help you learn it in the long run, using excellent study techniques will help you understand it a little bit faster. Here we have mentioned 15 ways to learn faster. You can follow these ways, if you are struggling to learn anything quickly.

## 15 Ways To Learn Faster

1. Study multiple subjects each day, rather than focusing on just one or two subjects
2. Take Handwritten Notes
3. Try self-testing
4. Teach the information to someone else
5. Use mnemonic devices
6. Make an analogy to something you already know
7. Space out your review session
8. Change your practice technique each day
9. Take Regular Breaks
10. Stop Multitasking
11. Tell yourself you can do it
12. Exercise regularly
13. Get Plenty Of Sleep
14. Use Multiple Learning Methods
15. Try a Brain Training program

### Study multiple subjects each day, rather than focusing on just one or two subjects

To stay focused, it's better to study a variety of subjects each day than to spend a lot of time on just one or two subjects. For instance, it is preferable to study a little bit of each subject each day if you are getting ready for tests in math, history, physics, and chemistry. Instead of concentrating just on arithmetic on Monday, history on Tuesday, physics on Wednesday, chemistry on Thursday, etc. Use this method to learn more quickly.



## Take Handwritten Notes

When you write anything down, it's more probable that you'll remember it. If you're at a class, pay close attention to the lecture and make a note of the words and phrases that stand out to you. Rewriting what you read in your own words can help you remember what you read whether you are learning anything from a book or online. You'll be able to recollect it more quickly if you do it that way.

## Try self-testing

Test your memory by reciting all you learnt after reading or practising anything. Try putting down the definitions of words or phrases that you need to remember without going to a dictionary. Make a note of the information you find challenging to recall so you may review and practise it again.



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## **Teach the information to someone else**

Have a friend listen to you as you attempt to explain the material you've been learning to them. To avoid confusing them, try to convey everything you know to them in a straightforward manner. Inquire if they comprehend or if you should explain it more thoroughly. Make careful to go back and study any information that you find difficult to recall. It's simpler for you to remember the material more rapidly because you have to actively recollect the material you're teaching.

## **Use mnemonic devices**

Abbreviate the first letter of each item if you need to memorize a list of facts or a more abstract idea. Another option is to try coming up with a memorable sentence that is amusing.

## **Make an analogy to something you already know**

If you can't visualize a subject, it can be difficult to comprehend it. To help you visualize and remember what you're learning, try relating it to something you already know. You will remember it far more easily since you already have an association with something else you are familiar with. For instance, you may compare the solar system to the structure of an atom if you're having problems understanding it. Just as planets revolve around the sun, so do electrons around an atom's nucleus.

## **Space out your review session**

Take your time learning rather than attempting to pack as much information as possible into a short period of time. Always spend a little time in the subsequent practise session going over the material from the previous one so you don't forget it. The more times you review the material, the easier it will be to retain and sharpen your memory.



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#### **Change your practice technique each day**

Your brain can develop routines if you perform the same task every day. Instead, speed up your study session or add a small change, like playing a learning game or increasing the level of difficulty, to make it more challenging. It helps you retain the material faster because you have to adjust to the new environment.

#### **Take Regular Breaks**

When you subject your brain to too much knowledge, it becomes exhausted. Every hour, try to give yourself a few minutes to relax and take a break from what you're learning.

#### **Stop Multitasking**

Get into the zone and only work on one subject at a time when it's time to study. You'll have a harder time recalling the material you want to focus on if you watch TV, check your phone,



or study something else while you're learning. Despite the fact that you might believe you are learning more at once, you are more likely to become confused and need to study the material later.

## **Tell yourself you can do it**

We are aware that learning something complicated can be a little intimidating, but if you believe in yourself, it becomes much simpler. Every time you have a bad thought about studying, push it away and think positively in its place. We are aware that learning something complicated can be a little intimidating, but if you believe in yourself, it becomes much simpler. Every time you have a bad thought about studying, push it away and think positively in its place.

## **Exercise regularly**

Studies have demonstrated that aerobic exercise improves memory. Additionally, it aids in the body's increased creation of a protein that supports the development and operation of your brain cells. To maintain a healthy body and a sharp mind, try to get in about 20 minutes of exercise each day. You'll have far improved memory and learning capacity because exercise stimulates your brain so get more sleep.





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#### **Get Plenty Of Sleep**

While you sleep, your brain processes your memories. In between study sessions, try to obtain a good night's sleep because it will improve your memory. Make an effort to sleep at the same time every day so that it becomes a pattern. So you can sleep soundly, keep your room cool and dark. You'll learn that new skill or subject even faster because sleep aids in the formation of long-term memory. Use Multiple Learning methods

#### **Use Multiple Learning Methods**

According to a research "The more brain regions that store data about a subject, the more interconnection there is". Consequently, combining many learning techniques aids in memory retention.



## **Try a Brain Training program**

You may “train” your brain from the comfort of your couch using a variety of online tools. Numerous training regimens have been clinically shown to increase recall accuracy and memory.

**Also Read: 5 Ways to Improve your Public Speaking Skills**