

# Learn How to Study

Learn How to Study: Master the Art of Effective Learning

A practical guide to effective learning, from the basics to advanced techniques. Learn with real examples and apply what you learn from day one.

6 modules

## What you'll learn

- ✓ Study smart: How the brain learns, Active recall
- ✓ Manage your time: Spaced repetition, Focus
- ✓ Arrive ready for the exam: Study plan, Exam nerves

## Syllabus

### 1 Study smart

How the brain learns    Active recall

### 2 Manage your time

Spaced repetition    Focus

### 3 Arrive ready for the exam

Study plan    Exam nerves

## Who is it for?

Students and professionals looking to improve their study techniques and achieve better results

Start today at [capacita.paulovila.org](https://capacita.paulovila.org)

Capacita · Study better, work better.