

## How to learn effectively?

### Introduction

I did a publication about learning. I also did a short questionnaire as my method to know better different types of students. My goal was to distinguish an effective method to learn.

My test was important, it contributes to the awareness of people that learning is an individual thing for everyone and no one can generalize it. My conclusions are as follows: every student is different and everyone has to fit for themselves their own method to learn. I describe every question that I asked in the questionnaire and try to find the best learning method.

I did a questionnaire because I wanted an answer to questions such as; Does everyone see learning as something pleasant? Is everyone learning in the same way? Is there any common point in memorizing? Does everyone study in the same circumstances?

My publication is about effective learning because I believe that it is a very interesting topic. Every young person has to study in school. After a covid pandemic I noticed that more students have a problem with memorizing information. I am making this publication with the intention of helping my peers. Also, the topic about memorizing is extremely interesting. Brain is the most unknown thing in our body and this is way I love conducting surveys and researching it.

### Methods and Materials

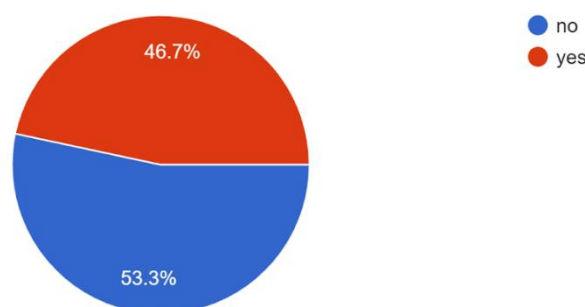
My test was carried out online, because I wanted to give people who were answering questions space, no stress and a lot of comfort while doing it. Atmosphere like that gives better and much more reliable results. My questionnaire was composed of eight key questions. Every question has at least two answers to select. The last- ninth- question was additional. It dispelled doubts among the respondents. The survey was anonymous but the link was sent to a group of people aged 12-20 year-old female and male, the aim of which was to obtain more accurate results of the functioning of the young brain. I got 45 Answers. The questionnaire was made in google forms.

The respondents agreed to answer questions freely. None of the respondents were diagnosed with a mental illness that could cause learning difficulties.

### Results

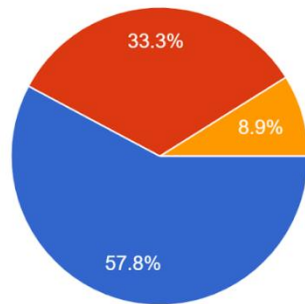
Do you have your own learning method?

45 responses



do you like studying?

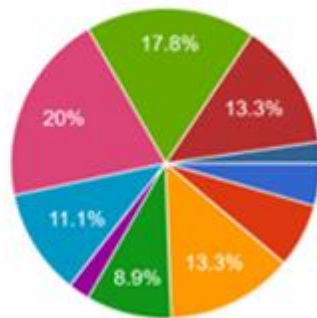
45 responses



- It depends on what I am interested in learning
- no
- yes

what time are you most productive

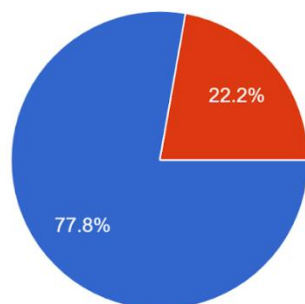
45 responses



- 6-8 am
- 8-10 am
- 10-11 am
- 11-2pm
- 2-4 pm
- 4-6pm
- 6-8 pm
- 8-10pm
- 10-12 am
- after 10am

Do you always have good motivation to study?

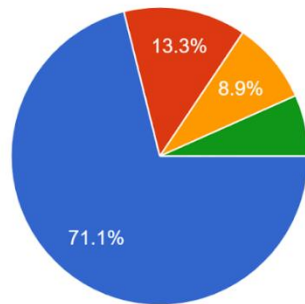
45 responses



- no, but I want to
- yes, I always have

do you have a favorite place where you like to study?

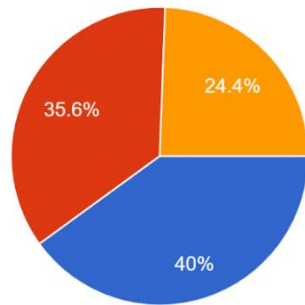
45 responses



- yes, my room
- no, I can study everywhere
- no, but I can learn where the order is
- I only study outdoor

do you like listening to music while studying

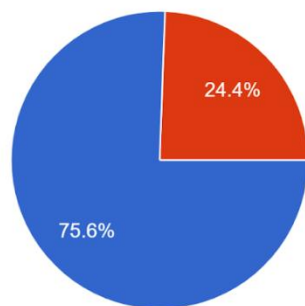
45 responses



- yes
- no
- it depends

Do you like to take breaks because of learning

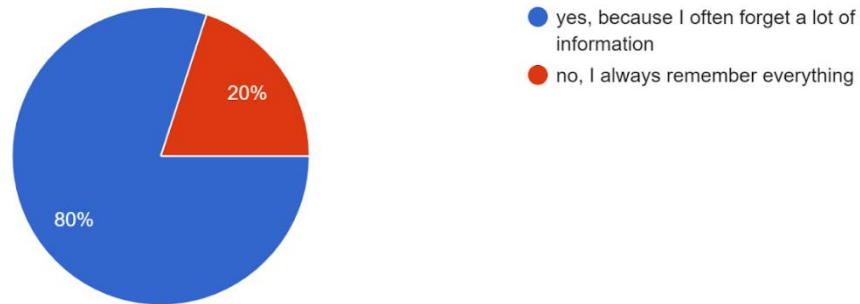
45 responses



- yes
- no

do you need revisions when you are studying for a big test?

45 responses



## Discussion

Thanks to my test, more people know that there is no one way that everyone should study. People have more consciousness that to find their own way to learn, there is a need to know yourself better. Find the best time of a day to be more productive. Find a friendly place and atmosphere to learn. Try to find a connection between a topic you have to study and something that you like. Always remember that there is a bigger purpose in studying. Try to do revisions after studying. In these times, research about our brain is important, especially for young people. These are the most valuable things and thanks to them you finally get effective learning.

Natalia Buchta