

Why a study system solves all your problems?

Cajun Koi Academy

My complete study system is built using the app "Notion AI." Our study process is broken up into three stages: preview view, review preview, and review stage. The first stage happens before class, where we skim the upcoming material to get familiar with it. The next stage is view, where we go to class and begin to make the connections between concepts. The final stage is review, where we need to reinforce the material to prepare for exams. With Notion AI, I can drastically cut down on study time using skills such as the tea tree method and the layer method. I already use the tea tree method to get a more high-level overview of ischemic heart disease, and I break them down visually to see the hierarchy of the different kinds of heart disease. In general, if you can visually represent information, it will make learning easier. We can actually use Notion AI to take that even further.

View phase is to build off of that foundation we set up in preview challenge your current understanding by asking the professor to correct you and explain how different ideas go together. View stage is meant to help us make **connections** get a really deep and clear understanding of the stuff we're learning about but now let's also see how notion ai can really elevate the stage the next level. One of the things I struggled with a lot was keeping track of which stage of learning I was at for each topic. If I should be reviewing today with practice problems or viewing by drawing mind maps, I didn't have a system to know what I should be studying so that's why I built a revision scheduler and Study Quests. notion AI can turn your notes into practice problems and notion AI will create **practice problems** for me to study for my exams. It can even generate practice problems itself to help students learn more effectively. And it can also generate practice questions for them to review for their exams. And then it can generate flashcards for me based on my notes based on what I'm just going to.