

# Learning how to learn: an evidence-based guide to the most effective learning techniques

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## Video Byte

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# Abstract

Many students use outdated and non-evidence based strategies to learn. This leads to a lot of wasted effort...as well as the potential for burnout. In medical school, where information overload is a constant, poor study techniques can really cause students to struggle. But a new study from Weill Cornell Medicine aims to solve this problem. The authors review evidence-based learning strategies from the cognitive psychology and medical education literature to provide a blueprint on how to best learn science subjects, with a focus on clinical anatomy. The authors discuss what learning techniques to avoid and which to embrace based on the literature. But the guide doesn't just apply to medical school – it can be used by any student to learn any topic. Better learning leads to better jobs and the betterment of society as a whole. It's time we give students the tools they need for success.