

Stanford researchers reveal how to study more effectively

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The Stanford Daily:

In a recent study published in *Psychological Science*, Stanford researchers concluded that the key to better exam performance is not to work harder, but to use preparatory materials more strategically.

The study's lead author, Patricia Chen, a postdoctoral research fellow in psychology, became interested in test-taking preparation after conversations with students who were unhappy with their exam grades. Students were often perplexed by the differential they viewed between their perceived effort and actual performance.

Read the whole story: [*The Stanford Daily*](#)