Multiple Bibliographies: Study Techniques

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Introduction

This page summarizes key study techniques and their impact on academic performance. References are grouped by method.

Cornell Method

The **Cornell method** improves note-taking quality and learning performance [Cornell1]. Other studies have also found improvements in comprehension and exam performance [**?**].

Spaced Repetition

The **spaced-repetition approach** significantly enhances knowledge retention and engagement in undergraduate paediatrics [SR1]. Additional research confirms its effectiveness across medical education [**?**].

Mind Mapping

Mind maps and concept maps are effective tools for boosting academic performance, particularly in preclinical medical education [Mind1]. Studies report moderate to large effect sizes in knowledge retention [**?**].

**All URLs are clickable for direct access to the studies.*

References

Cornell Method References

[Cornell1] Aziz Amhout, Ahmed Kharbach, Aziz Naciri, and Laila Lahlou. The effect of the cornell method on the quality of grade production and learning performance of nursing students. *Pedagogical Research*, 2023. https://www.pedagogicalresearch.com/download/the-effect-of-the-cornell-method-on-the-quality-of-grade-production-and-learning-performance-of-12 pdf.

Spaced Repetition References

[SR1] Keta Vagha, Sonali Choudhari, Amar Taksande, Jayshree Tembhurne, Jayant Vagha, and Sunita Vagha. Implementation of a spaced-repetition approach to enhance undergraduate learning and engagement in paediatrics. *PMC*, 2025. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC12343689/.

Mind Mapping References

[Mind1] Husam Aljamal, Rama Alawneh, Afnan Derbas, Mohammad Edaibes, Aya Ahmed, Lama Amer, Hiba Alzoubi, and Hashem Abu Serhan. Efficacy of mind maps and concept maps in enhancing academic performance among undergraduate medical students in the preclinical stage: a systematic review. *PubMed*, 2023. http://pubmed.ncbi.nlm.nih.gov/40553305/.