

How to Study for Exams: Evidence-Based Revision Tips

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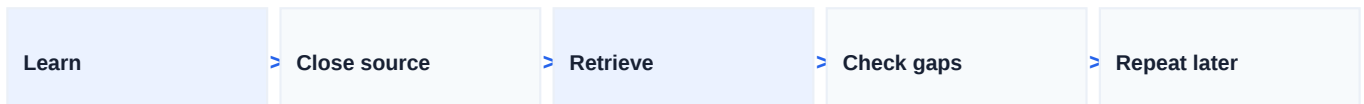
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Summary

This video contrasts common passive revision habits with active recall and practice testing. The central idea is that effective learning depends on retrieving information from memory rather than repeatedly exposing yourself to the material.

- Rereading, highlighting and summarizing are presented as low-utility revision techniques in the cited evidence review.
- Active recall or practice testing is presented as a high-utility technique that improves retention efficiently.
- Anki can combine retrieval practice with spaced repetition for factual material.

Visual concept map



AI Notes

Why rereading underperforms 01:31

Rereading is common and easy, but the video cites evidence rating it as low utility compared with other methods.

Highlighting and underlining 03:29

Highlighting rarely improves performance by itself and can create a feeling of progress without requiring retrieval.

Summarization and note-taking 04:51

The evidence is described as mixed; summarization can help skilled learners but is hard to standardize and often less efficient than practice testing.

Active recall 07:29

Active recall means deliberately retrieving information from memory. The video presents practice testing as a high-utility learning technique.

Evidence for practice testing 09:18

The video walks through multiple studies comparing testing with normal study or restudying, consistently emphasizing the advantage of retrieval practice.

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