1% LABS

10 Mistakes Smart Students Make and How to Fix Them

NeuroStudy
A Science-Backed Study & Growth System
To **Dominate.**

If you’ve ever studied for hours and still felt stuck — it’s not your fault.

Most students don’t fail because they’re not trying. They fail because they’ve never been taught how to study properly. This guide reveals 10 of the most common — and dangerous — mistakes even high-performing students make.

You'll learn the science behind why they don’t work and what to do instead.

✅ 1. REREADING NOTES INSTEAD OF PRACTICING RETRIEVAL

The Mistake.

You read your notes or textbook over and over, hoping it'll "sink in." It feels productive — but your brain isn't doing the work needed to retain it.

The Fix.

Use active recall instead.

➔ After reading a section, close the book and try to write or say everything you remember.
→ NeuroStudyLabs provides a module on how to master active recall and provides a planner

🧠 **Why it works:** Retrieval strengthens memory pathways and makes information easier to access in exams. It's what the top 1% master.

✅ 2. HIGHLIGHTING TOO MUCH (OR EVERYTHING)

The Mistake.

Your pages are glowing with highlighter. But if everything is important, nothing stands out. It's more of an eye exercise than a memory exercise.

The Fix.

Highlight only after you've fully read and understood — and be selective.

→ Focus on key concepts, not entire sentences.
→ Turn highlights into questions you can quiz yourself on later.

🧠 **Why it works:** Selective highlighting + follow-up recall helps your brain encode and organise key ideas better.

✅ 3. STUDYING FOR HOURS WITHOUT BREAKS

The Mistake.

You study for 2+ hours straight thinking it shows dedication, but your brain's focus window expired 90 minutes ago. The top performers don't study longer they study smarter.

The Fix.

Use the Pomodoro technique:

→ 25 minutes of deep focus
→ 5-minute active break (stretch, walk, breathwork)
→ After 4 cycles, take a longer break (15–30 mins)

🧠 **Why it works:** Your brain can only sustain attention in focused sprints. Breaks restore neurotransmitters that fuel learning. Master this technique with our study program.

✅ 4. WAITING TO FEEL MOTIVATED BEFORE STARTING

The Mistake.

You wait until you “feel ready” — but motivation rarely shows up on its own. Science says you need a system, not motivation.

The Fix.

Use micro-triggers:

→ Start for 10 uninterrupted minutes. This is the barrier to deep work and once you get passed, you will find it easy to unlock.
→ Use a fixed pre-study ritual (e.g., stretch, breathe, music cue)

🧠 **Why it works:** Action creates momentum. Your brain builds motivation after starting, not before.

✅ 5. MULTITASKING WHILE STUDYING

The Mistake.

You study while watching Netflix, texting, or checking notifications — believing you're good at multitasking. Every time something takes your attention away, your focus resets.

The Fix.

Go full single-task mode:

→ Start for 10 uninterrupted minutes. This is the barrier to deep work and once you get passed, you will find it easy to unlock.
→ Use a fixed pre-study ritual (e.g., stretch, breathe, music cue)

🧠 **Why it works:** Action creates momentum. Your brain builds motivation after starting, not before.

✅ 6. STUDYING IN BED OR IN RELAXED SPACES

The Mistake.

You study where you relax — your bed, couch, or a lounge. This subconsciously switches parts of your brains off like alertness, competitiveness, and drive.

The Fix.

Create a dedicated study zone:

→ Desk or table with consistent lighting
→ Study in a different space than eating/sleeping/relaxing
→ Sit upright and avoid lounging
→ Bonus: Use scent or music as a context cue

🧠 **Why it works:** The brain forms associations between environments and activities — mixing sleep and study creates confusion and reduces focus.

✅ 7. CRAMMING THE NIGHT BEFORE

The Mistake.

You delay prep until the last 1–2 nights, relying on adrenaline and sheer willpower. This does not work.

The Fix.

Use spaced repetition starting days or weeks in advance:

→ Review material 1 day, 3 days, 7 days after learning
→ Keep sessions short and consistent

🧠 **Why it works:** Spaced learning builds durable long-term memory by reinforcing neural pathways across time. Our NeuroStudy Course provides the exact framework you need for spaced repetition

✅ 8. PASSIVE NOTE-TAKING DURING LECTURES

The Mistake.

You write everything down word-for-word without processing or filtering.

The Fix.

Use active note-taking methods like:

→ The Cornell system (notes, cues, summary)
→ Mind maps or flow diagrams
→ Summarise in your own words after each topic

🧠 **Why it works:** Translating info into your own words activates deeper encoding regions of the brain.

✅ 9. NOT REVIEWING WHAT YOU'VE LEARNED

The Mistake.

You finish a topic and move on — never revisiting it again.

The Fix.

Create a Weekly Review Ritual:

→ Set 30 minutes each Sunday to recap key concepts
→ Use flashcards, brain dumps, spaced review, concept maps, or the Feynman Method taught in our program

🧠 **Why it works:** Regular low-stakes reviews reduce forgetting and strengthen long-term memory consolidation.

✅ 10. MEASURING SUCCESS BY TIME, NOT PROGRESS

The Mistake.

You feel successful if you "studied for 5 hours," even if you weren't focused, did little deep work, weren't distracted, and felt effective. This is a big difference between high-performers and the rest.

The Fix.

Measure success by outcome, not hours:

→ Track: Did I complete 3 Pomodoros? Learn 10 flashcards? Teach a topic?
→ Journal: "What did I learn?" instead of "How long did I sit there?"

🧠 **Why it works:** The brain thrives on meaningful progress. Focusing on outcomes builds confidence and clarity. Use the Daily NeuroStudy Planner in our program to master smart work over hard work.

The 1% will go further — because they didn't stop here.

The NeuroStudyLabs Program gives you everything you need to **want to fix all 10,** master every one of these — through science-backed techniques, structured routines, and real-world tools that have created over 500+ high-performers and go-getters

The price of staying stuck is way higher.