

Reading2)

Dear Dr. Alice,

I stay up late every night to study. However, my grades don't () my effort. I'm starting to feel stressed and () with myself. After every exam, I think I should have studied harder. What can I do?

Yours truly,
Henry

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Dear Henry,

Clearly, you are studying hard, but I'm afraid that your () of staying up late at night won't help you. In fact, long study sessions do not always () good grades. The secret to () studying lies in putting forth the right kind of effort – the "how" of studying, rather than the "how much." We all have different learning styles. For example, some people learn best not by reading but by listening. Others learn best by writing down the things they learn. Try some different study methods and find the most () one for you.

Also, if you sit for hours trying to () a lot of information, your brain will become () and you won't be able to remember everything. Make sure you take time to rest and review your work when you feel refreshed.

Warm wishes,
Dr. Alice