

Study tips

Establish a study routine

Creating a routine, such as studying for an hour after dinner, will encourage consistency. When getting started, create a study schedule and set reminders on your phone to help build the habit.



Create a dedicated study area

Choose an area that is free of distractions where you can set up your study materials and leave them between sessions. When it's time to study, you won't spend time searching for something you need. Just sit down, and you're ready to go.



Make studying a priority

When it's time to study, take it as seriously as you would take a job. Don't skip study sessions, start on time, and give the task 100% of your attention.



Focus on quality of studying, not the quantity

It's more effective to space out many short study sessions, rather than having one marathon session. Try studying in half-hour to hour-long blocks, with breaks in between. This way, you can stay alert and focused the whole time.



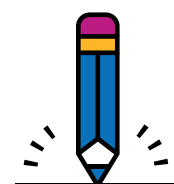
Set specific study goals

Goals give direction to a study session and provide a sense of accomplishment when completed. Create goals that can realistically be completed in a single study session, such as: learn the terms in chapter one, pass the chapter two practice quiz, take notes on chapter four, or review class notes for 30 minutes.



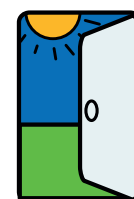
Don't stop at reading – write down what you learn

By typing or hand-writing information, you will engage in active learning - which can improve retention and understanding. Try making flashcards, writing chapter summaries, or creating an outline of the material. As a bonus, you can refer back to what you've written to quickly review the material.



A change of scenery can improve information retention

If you're feeling unfocused, unmotivated, or just plain bored, try studying somewhere new. Libraries, parks and coffee shops are great alternatives for breaking out of your routine.



Quiz yourself to make information 'stick'

Look for practice tests or discussion questions after each chapter you read. Another way to quiz yourself is to teach something you've studied to a friend, a pet, or even an inanimate object, without looking at the material.



Take care of your mind and body

Healthy sleep habits, exercise and a balanced diet will boost memory and brain function. Studying is most effective when it is balanced with good habits.



With **all of us** in mind.