

Study Strategies

Stay Productive with These Study Tips

AVOID DISTRACTIONS

- Turn off your phone and the television
- Check social media only during breaks



Wellness



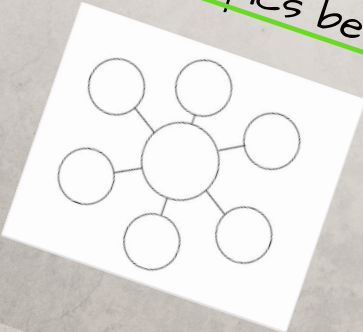
- Get enough sleep, especially before an exam
- Eat healthy foods that fuel your brain and keep you alert
- Meditate to help focus and relax the mind
- Exercise to refresh the mind and improve concentration

PLAN YOUR SCHEDULE

- Set a regular time to study.
- Know what you need to study
- Make a list of what you're planning each day
- Have all your materials



Use mind maps to visualize topics better



STRATEGIES

- Review notes the same day
- Re-write what you have learned
- Skim relevant chapters
- Color code to break down topics
- Use sticky notes or note cards to group information

20 MINUTE RULE

Study for 20 minutes then take a break.
Repeat.



HAVE GOOD LIGHTING



Keep a positive attitude!



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Treat yourself after an exam!