

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.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7am – 8am							
8am – 9am							
9am – 10am							
10am – 11am							
11am – 12pm							
12pm – 1pm							
1pm – 2pm							
2pm – 3pm							
3pm – 4pm							
4pm – 5pm							
5pm – 6pm							
6pm – 7pm							
7pm – 8pm							
8pm – 9pm							
9pm – 10pm							