

Study Tips

1. Give yourself enough time to study.
 - Set out a time table to study and stick to it.
 - Although many claim that “last minute cramming” suits them best, it’s not the best way to learn information for understanding and application.
2. Organize your study space.
 - Being organized allows studying to take place without any interruptions to find supplies, clean up, or organize notes/ study tools
3. Study in groups.
 - Studying in groups sets time aside for studying and helps to keep those who are studying on track.
 - People in study groups will keep you accountable and focused.
 - Because there are multiple people in groups, some members may understand a concept better than others and can share their knowledge and vice versa.
4. Take regular breaks.
 - Studies have shown that in order to achieve maximum long-term retention, study breaks are necessary.
 - Taking a break accompanied with a short snack or activity relieves stress and allows for easier refocusing when returning from the study break.
5. Eat healthy snacks or meals while studying!
 - Studies have shown that eating healthy food or snacks really is like eating brain-food!
 - Healthy foods allow for an even release of energy making for maximum study time.
6. Plan out your exam day, be on time, and don’t be late!
 - Many students feel the effects of test anxiety. Creating an exam day schedule, including prepping materials ahead of time, can help.
7. Drink plenty of water!
 - Staying hydrated is important in everyday life but even more important if you want your body and brain to function at its best!