



Tips for Successful Studying

QUALITY CONTROL

Focus on the 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.

ROUTINE, ROUTINE, ROUTINE

Determine a study routine. Creating a routine such as studying for an hour after dinner, or for a half hour each morning before you start your day. This will encourage consistency, which can be key to many successes. When getting started, it helps to create a study schedule and set reminders to help build the habit.

PRIORITIZE

Make studying a priority. When it is time to study, take it as seriously as you may take a job or event that is important to you. Don't skip study sessions – you are only skipping yourself. Start on time, and give the subject of focus 100% of your attention.

GOAL!!!

Set precise 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 4 and pass the chapter 3 practice quiz.

SELF CARE

Care for your mind, body and soul. Healthy sleep habits, a balanced diet and routine exercise will boost motivation and memory and brain function. Studying is most effective when it's balanced with good habits.

WRITE IT DOWN

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.

STUDY SPACE

Choose or create a dedicated study area. Find an area that is free of distractions; it is even better if you have somewhere where you can set up your study materials and leave them between sessions. Therefore, when it's time to study, you won't spend time searching for something you need.

QUIZ TIME

Quiz yourself to make information "stick". Look for practice tests in the book or online. 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.

NEW SIGHTS

A change of scenery can improve information retention. If you're feeling distracted, unmotivated, or just bored, try changing your environment. Libraries, parks and coffee shops are great places to consider.



How Are You Going to Study?

Write down your Study Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

List two places you can effectively study

- 1.
- 2.

List three of your study goals

- 1.
- 2.
- 3.

What are two self-care activities you can do in-between study sessions?

- 1.
- 2.