

## **STUDY TIPS**

If you've ever spent hours studying only to discover you haven't retained anything the next day, the following tips may help you to study more effectively.

### **When & Where to Study**

- It is recommended to study two hours for every hour spent in class.
- Establish a study schedule for each class and stick to it.
- Don't pull an all-nighter. You will retain more without wearing yourself out if you study in more regular, shorter sessions.
- Identify gaps in your schedule that can be used for studying. For example, the time between classes or waiting for a bus is perfect for reviewing notes.
- Set up a study area in a quiet place. Be sure to have everything you may need within reach.

### **Staying Focused**

- Start each study session by setting goals. Prioritize your work by deadlines and by the amount of time the material will take to get through.
- Break up a study session with short breaks to stay alert. Get up and move around. Try incorporating breathing and stretching exercises to really get a fresh start.
- Eliminate distractions such as television or radio noise. Noisy roommates? Try the library or another study area on your campus.
- Make sure others respect your study time; learn to say no to demands that will interrupt it.
- Don't overdo it. Only do what is appropriate.