

BEST PRACTICES FOR STUDYING



SELF CARE

- Get enough sleep-for most people, 7-8 hrs is ideal
- Drink lots of water and hydrating fluids
- Be active
- Eat regularly-food is fuel!
- Spend time with friends

ENVIRONMENT

- Create an environment conducive to studying by limiting noise, considering the lighting, cleaning the space, and ensuring that you feel comfortable.
- Come prepared with all studying materials (i.e. notes, highlighters, etc)
- Avoid distractions by silencing your phone, closing out of distracting websites,, etc

REVIEW

- Repetition and Review of material are what make information stick!
- Make sure you are actively learning-consider forming a study group, meeting with your professor/TA, or attending tutoring sessions to review material
- Don't be afraid to ask for help early and often!

PLANNING

- Be patient with yourself and set realistic goals, It takes time to learn!
- Avoid scheduling marathon study sessions-most people struggle to focus for more than 45 min at a time
- Set clear start and end times
- Take frequent breaks

