

# STUDY TIPS

## **TRY NOT TO CRAM**

Studying subjects in small chunks over multiple days will help you remember more information than cramming the night before on an exam.

## **MAKE A REASONABLE STUDY SCHEDULE**

Making a study schedule will help you avoid cramming and procrastination. Keeping your schedule realistic (time for breaks, etc.) will help reduce stress.

## **EAT WELL AND EXERCISE**

Eating well during finals will keep your mind ready to absorb new information. Exercising will help improve your memory by reducing your stress.

## **JOIN A STUDY GROUP**

Forming a study group can really motivate you to study. Explaining difficult concepts out loud will help you figure out what you understand and what you still need to go over.

## **MEET WITH YOUR TEACHERS**

Scheduling an appointment (or even just sending a quick email) with your professor will help you to figure out what to focus on for the exam. Also, the professor will appreciate your extra efforts in establishing a relationship.

## **SET A TIME LIMIT FOR EACH SUBJECT**

Setting a time limit and then fully committing to studying during that time will help you avoid procrastination.

## **REWARD YOURSELF**

After you've finished your study session, reward yourself with a nice break. Grab coffee, go for a walk, take a nap, etc. This will help prevent burn out and keep your mind ready for the next study session.

## **STUDY IN AN APPROPRIATE ENVIRONMENT**

Studying in an appropriate environment (a library!) will help you to concentrate on your studies. Find what works for you - a cafe, a coffee shop, your bedroom, the library, the cafeteria, study rooms...

## **KNOW YOUR DISTRACTIONS (THE BIG ONE!!)**

Instagram, Snapchat, Facebook, Twitter, YouTube, Netflix, texting... Distractions are endless! It's important to know what will distract you the most and to AVOID THEM AT ALL COSTS! Turn off your phone, install a social media blocker on your computer, stay away from your television, distracting roommates, etc.