

10 STUDY TIPS FOR SUCCESS



1. SET CLEAR GOALS

- **Start with the big picture:** What is your end goal? Is it a better grade at the end of the semester? A certain test score?
- **Break the big goal down:** What milestones will you need to achieve as you work toward your goal? Create check in points to stay on track.
- **Be realistic:** Setting unreasonable goals is a recipe for failure! Be sure your goals are attainable in the time you have available!

2. CREATE A STUDY SCHEDULE

- **Schedule study sessions:** Use a calendar or app to schedule your days. Study sessions should be blocked off the same way you would schedule extracurricular obligations or other events.
- **Identify objectives:** Know what you want to accomplish each study session. Define which subject(s) you'll study, which resources you'll use, and which topics you'll cover.
- **Don't skip study sessions:** Skipping a study session makes it easier to skip more sessions later. Hold yourself accountable for following your plan!

3. BE AN ACTIVE LEARNER

- **Don't study passively:** Simply reading or highlighting information is passive studying. Your brain won't truly learn the material unless you actively engage with it!
- **Summarize and synthesize information:** Instead of just reading or highlighting, take notes—even if you already have notes on the topic! By summarizing information, taking it apart, and putting it back together, you're helping your brain engage the material.
- **Test yourself:** It's not enough to put information into your brain—you also need to be able to retrieve information quickly. Practice retrieving information by testing yourself. Have a friend quiz you, use flashcards, or write yourself practice questions.

10 STUDY TIPS FOR SUCCESS



4. STAY ORGANIZED

- **Make your study materials easy to find:** Keep notes, study guides, and other materials for each subject clearly organized so that you're able to find your study materials when you need them.
- **Reorganize your notes:** If your class notes are not as well organized as you'd like, reorganizing and rewriting them is a great way to study the information while making it more accessible for future use!

5. ELIMINATE DISTRACTIONS

- **Pick quiet spots to study:** Avoid studying in places with a lot of intrusive background noise. Pick a spot where you can easily concentrate on the task at hand.
- **Hide your phone:** Put your phone somewhere where it's more difficult for you to access it. Create barriers you have to consciously cross to seek out the distraction.

6. TAKE BREAKS

- **Give your brain a boost:** When you study, information is stored in your working memory before being moved to long-term storage. Giving yourself frequent brief breaks helps your brain sort information more efficiently.
- **Use the Pomodoro Technique:** This efficiency technique involves 25-minute study sessions broken up by 5-minute breaks.

7. BUILD A SUPPORT SYSTEM

- **Get help with challenges:** If there's a topic you're struggling with, ask for help! Continuing to push through when you're frustrated and confused won't help you achieve your goals.
- **Form a study group:** Studying with other students with the same goals can help keep you accountable while offering a valuable support network.

10 STUDY TIPS FOR SUCCESS



8. REVIEW REGULARLY

- **Practice spaced repetition:** "Spaced repetition" means allowing time to pass before reviewing concepts again. This lets your brain almost forget the material before forcing it to recall the information again. The added challenge cements the information in your mind, making it easier to recall on test day.
- **Schedule review sessions:** As you plan your study sessions, always take the time to review material you've already studied in the previous weeks and days.

9. STAY HEALTHY

- **Get plenty of sleep:** Sleep is vital to the learning process. Your brain processes and stores information while you sleep!
- **Stay hydrated:** Even mild dehydration impairs brain function. A thirsty brain doesn't learn as efficiently!

10. STAY MOTIVATED

- **Reward yourself:** After each successful study session, give yourself a treat!
- **Stay positive:** Focus on the progress you've made and the learning you've accomplished so that you're prepared to overcome any challenges that might arise.

