

STUDY TIPS FOR SUCCESS

Studying doesn't have to be stressful. Follow these simple tips to stay on track.

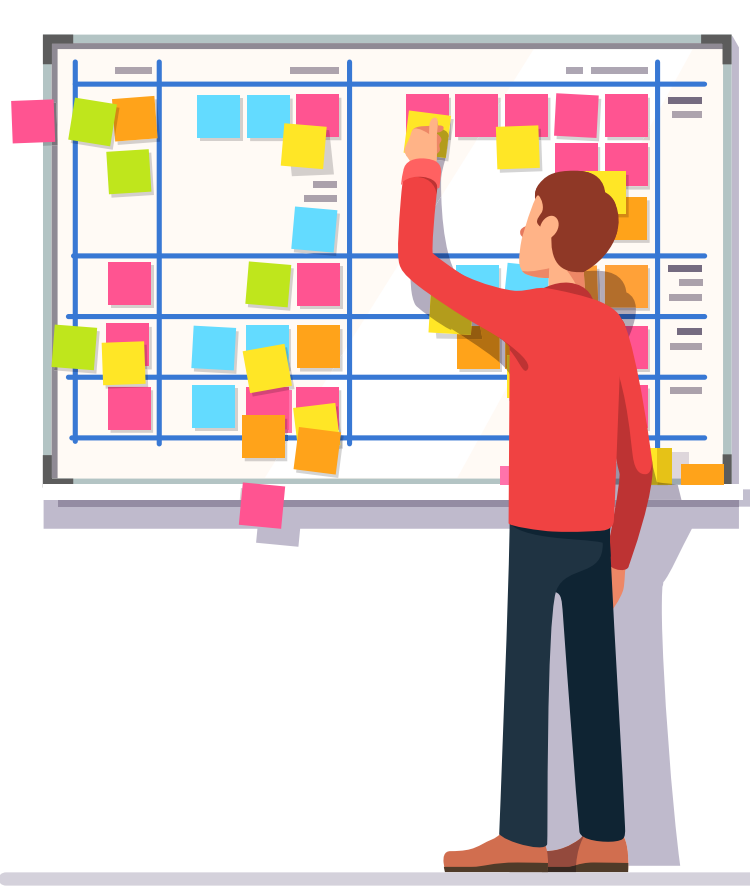
STUDY SPACE

- **LIBRARIES** make great study spaces because they're typically quiet.
- Wherever you study, make sure it's somewhere with **MINIMAL DISTRACTIONS**.
- Keep your study space **CALM AND QUIET**.
- Sit in a **COMFORTABLE** place so you're **FOCUSED**.
- **ORGANIZE** your study space to create a calm, orderly mood.
- Unplug your TV, and put your phone in **"DO NOT DISTURB"** mode throughout your study session.



STUDY TOOLS

- Writing important information on **NOTE CARDS** helps you organize and remember material more effectively.
- **STUDY APPS** can help you set reminders for yourself to make sure you take the time to study and do homework.
- Practicing for an exam by **RETAKEING OLD EXAMS** can help get your brain into gear.
- Use **FLOWCHARTS** and other **VISUAL AIDS** to help your mind organize the information you need to know.



STUDY BREAKS AND FUEL

- **POPCORN** contains a lot of **FIBER AND PLENTY OF CARBS**, making it a good snack for keeping yourself full and less likely to forage for more food.
- **BANANAS** contain a good amount of **VITAMIN B6**, which has been shown to boost memory.
- Eating **FISH** provides your brain with **OMEGA-3 FATTY** acids to keep it healthy, as well as lean protein to power your study sessions.
- Drink plenty of **WATER** during your studying, because being dehydrated means you'll have trouble focusing.
- Taking a study **BREAK EVERY HOUR** or so will give your mind a chance to process what you've learned — as well as prevent you from feeling burnt out.



EXAM-DAY PREP

- At least **24 HOURS BEFORE** your exam, take the time to plan everything.
- Allow plenty of time to get to the **EXAM LOCATION**.
- Make a list of the **SUPPLIES** you'll need for the exam and pack the night before.
- Carefully review any **INSTRUCTIONS** for the exam ahead of time so you're not blindsided by anything.



OTHER TIPS

- **RELAX** — stressing about your exam will only make studying harder for you.
- Studying is more enjoyable and more effective with friends, so join a study group or **STUDY WITH FRIENDS**.
- Whatever you do, **DON'T WAIT** until the last minute to study.

