

Strategies for Successful Studying

Making Your Study Sessions Work

- ❖ Study during YOUR best time of the day. Schedule study time for the times of the day when you do your best work. These are good times to tackle your most difficult assignments.
- ❖ Don't schedule long study sessions. Instead of scheduling one four-hour session, split it up into two, two-hour sessions. You'll find you work better in short periods of time.
- ❖ Allow yourself 5-10 minute study breaks. Taking breaks will actually make you work more efficiently by enabling you to concentrate better, reduce fatigue, motivate you, and allow material to sink in while you're resting.
- ❖ Reward yourself when you're done studying. You need to give yourself things to look forward to when you finish.

Fighting Procrastination

- ❖ Study with a friend or join a study group. When exchanging ideas with others, you may find the time goes by faster. You may find it helpful to compare notes and quiz each other about ideas and get different points of view on less familiar material.
- ❖ Break long, boring assignments into smaller tasks. If you have to read a chapter on a difficult subject, read just five to seven minutes at a time.
- ❖ Complete difficult tasks first. If there's one particular area of study that's difficult or unpleasant, do that one first, when your energy level is higher and you can concentrate best.

Fighting Distraction

- ❖ Find a couple of places that are just for studying. Establish a couple of places for regular studying and if possible, do nothing else there. If you use these places only for studying, they will be associated with just that and will help with good study behavior.
- ❖ Establish a good study environment. Make sure there is good lighting, the right temperature, and a comfortable chair, as well as plenty of reading and writing space.

Gain the Extra Edge

- ❖ Carry some school work and use waiting time. Time when you are waiting for class to start, waiting for the bus, and waiting for appointments can really add up over a day. You can use this time to go over class notes, do some reading, or just review in your mind.