STUDY TIPS

GOOD LUCK WITH MIDTERMS!

FIND OUT WHEN YOU STUDY BEST
- When are you most alert?
- When are your energy levels highest?
- Do you feel more productive at night, in the morning, or in the afternoon?

TAKE BREAKS
- Listen to your body and know when it's time to take a break
- Studying while you are too tired will not be as effective
- Studying while you are too distracted is not a good use of time

PLAN AHEAD
- Write down due dates for your assignments, and be aware of when readings, problem sets, and papers are due
- Avoid last minute cramming for tests, which causes extra stress and less effective studying

DIVIDE AND CONQUER
- Review your notes daily and develop summary sheets for each class
- Break larger goals into smaller, specific, measurable goals

MAXIMIZE STUDY TIME
- Review old tests, study guides, or the course objectives
- Predict possible questions
- Create quizzes instead of just reading from the textbook
- Explain the material aloud using your own words

LEAVE TIME FOR SLEEP
- Sleeping has been scientifically proven to help memory
- Avoid caffeine late in the day
- Avoid all-nighters

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