

# Study Tips

## **TIMEFRAME + CHUNKING**

- DON'T CRAM... don't leave studying for a test until the day or two before the test/quiz but rather space out the studying for a large timeframe of several days.
- Create a study plan the same day you find out about an upcoming assessment so that you know what you need to do each day leading up to the test/quiz. This will help you stay calm and not stress but also help you better prepare you for the test/quiz.

## **BREAKS**

- Take frequent breaks when you are studying. This doesn't mean 5 minutes of studying and a 5 minute break. It actually looks like studying for 30 minutes and then doing something else - go get a snack, work on homework for another subject, go for a walk, etc. and then go back to your studying if you need to.
- Taking regular study breaks helps keep you focused and concentrated. If you study for more than an hour at a time, you are not focused or motivated which makes it harder, or even impossible, for information to be absorbed by your brain.
- Taking breaks from your studying also gives you a chance to forget information. If you take a break from studying, you can then quiz yourself when you go back to see what you've forgotten. Now you know to try a different method of reviewing and to focus your studying on those things that you forgot.

## **VARIETY**

- Studying the same way for all subjects for every assessment won't always work. To exercise your brain and to keep making new connections, use variety in how you study within your own learning style.

## **REVIEWING**

- Reviewing information for 10-15 minutes right before bed can help you remember information better.
- Reviewing/reading out loud often helps move information from your short-term memory into your long-term memory.

## **SLEEP**

- Make sure you get a restful night's sleep the nights (yes... plural) leading up to a test or quiz.
- When you sleep, and reach a deep sleep, your brain is able to process the information you've been studying and make connections in that information to make it easier for you to remember later.

## **DISTRACTIONS**

- Limit distractions while you study - shut off the tv, close facebook/twitter/instagram/etc., put your phone on silent. If it is difficult, there are apps you can use to lock yourself out of your social media...we'll talk about those soon! Also, use that distraction as a motivation. Set a timer for the amount of time you need to spend on what you are doing. Once you're done, let yourself get "distracted" as your break - check facebook, watch an episode of your tv show, or text your friends.
- Find a quiet place that will help you focus and limit distractions.
- If you listen to music, make a playlist or find a station that plays calm, classical music - nothing with lyrics or an upbeat tempo that will distract you from the task at hand.