Our Study Skills Specialists are available virtually to create a customized study plan based on your specific needs. Click to request a meeting!

**SET A DEDICATED SPACE**
Begin your study session prepared: water, snacks, notes, textbooks, laptop, chargers
Bring only what you need to a study session--if you don't need your phone leave it out of the room
Avoid studying on your bed!

**TEST YOUR UNDERSTANDING**
Are you a victim of the illusion of knowing?
Students who see terms/concepts often assume they've mastered it.
Test your understanding by teaching it to someone else. If you can (correctly) explain it in your own words, you understand it.

**IDENTIFY WHAT YOU DON'T KNOW**
Don't fall into the trap of glazing over what you don't know.
Evaluate and rate your understanding of course material to determine where you should prioritize your time and efforts.

**HONOR THE BRAIN-BODY CONNECTION**
The brain will always prioritize physiological needs.
Stay hydrated- even mild dehydration can lessen focus
Prioritize quality sleep- lack of deep sleep impacts the brain’s ability to both store and retrieve long-term memories--like those you need to access on exams.

**STUDY SMART**
Rather than reviewing notes, interact with the material and get creative.
Create 'question-answer' flashcards rather than definition-only ones.
Design a mind-map, draw concepts, generate concrete examples of terms...

**TAKE BREAKS**
Use the Pomodoro technique: 25 minutes of intensive, active studying, with a 5 minute break, complete 3-4 of these and then take a longer break
Make sure whatever you do on breaks does not distract you into the next study session.

**FACE YOUR STRESS**
Ignoring stressors will only make them more persistent.
Be honest with yourself about your emotional state and make use of the many WSU virtual resources
Compartmentalize your worries: simply put, schedule time to deal with stressors, just as you would to study. Making time to validate your stress will keep it from resurfacing during study sessions.

**CUSTOMIZE A STUDY PLAN WITH US**
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