



# STUDY TIPS

Strategies for Academic Success

# PROCRASTINATION

**Some tips to overcome procrastination:**

- Reduce distractions.
- Break big tasks into smaller ones.
- Prioritize tasks.



# THE IMPORTANCE OF TAKING BREAKS!



## Why take breaks?

- Increases retention.
- Reduces fatigue.
- Enhances focus.

## What to try:

- Stretch or move in some way.
- Hydrate!
- Meditate.

# SPACED-REPETITION TECHNIQUE

## What is it?

- Reviewing material at increasing intervals.

\*NOT reviewing material all at once.

## How to:

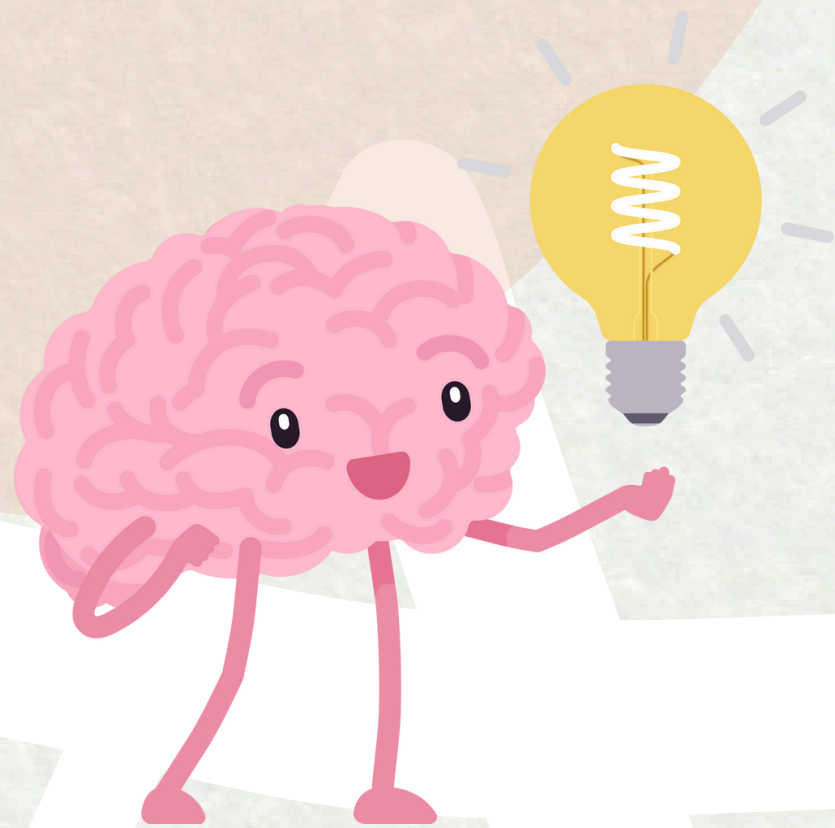
- Try reviewing material 1 day after class, then 3 days, then 1 week.

## Why do it?

- Your brain needs time to process and store information long-term.



# EFFECTIVE STUDY TECHNIQUES



Active Learning



Spaced Repetition



Note-Taking  
Strategies



Practice Testing

# THE IMPORTANCE OF SLEEP

- Sleep helps your brain process and store what you've learned.
- Quality sleep boosts memory and your ability to recall details.
- Aim for 7-9 hours of sleep a night!

# THE POMODORO TECHNIQUE

## Frequency:

- Study for 25 minutes, then take a 5-minute break.

## Duration:

- After 4 cycles, take a bit longer, a 15-20 minute break.



## **Set a Timer**

- To avoid losing track of time.

## **Stay Away from Screens**

- Devices can be too distracting at times!

## **Change your Environment**

- Reset your focus by moving to a different space.

# **TIPS FOR MAXIMIZING BREAKS**



# INTERLEAVING STRATEGY

You shouldn't study one idea for too long!

## Switch it up!

- BUT - Before you switch subject, try to gain a good grasp on the material first.

## Rearrange

- Switch up the order or reviewing the material.

