Study Smarter Not Longer

1. **Establish Regular Study Habits** – Schedule in regular study times and know beforehand what you will be studying so that you can have everything you need.

2. **Find a Study Place** – Do not study on your bed or in any other place you associate with another activity. Condition yourself to get into a studying mood whenever you go to that place, and eventually your mind will easily focus your attention more quickly.

3. **Remove Distractions** – Try to remove both visual and auditory distractions. Research shows that most people study best in a quiet environment. Do not eat while studying – snacks make a great study break.

4. **Limit Study Time** – Restrict your blocks of study time to no more than two hours on any one course at a time. When studying two subjects in the same time block, try studying two totally different subjects (i.e. chemistry and history); studying similar course can be confusing.

5. **Take Breaks** – A short (five minute) break every hour to stretch and refresh your mind will help you to remain focused on your studies. Try alternating activities, like reading for the first hour, reworking notes for the second hour, and doing problems for the third. Reading for long periods makes you sleepy.

6. **Do the Hardest First** – Concentrate on your most difficult subjects first, when you are most alert. Be careful not to fall in the trap of “blowing off” courses that may seem easy; remember all courses are of equal weight.

7. **Plan to Really Learn the First Time** – Be an active listener in lectures and review your lecture notes as soon as possible after the lecture (within 6 hours is best). The rest of your study time should be spent reviewing notes through recitation, discussion with a study group, or answering example problems.

8. **Form a Study Group** – You can gain a lot from hearing other people’s explanations of material. Also, if you can teach the material to someone else, you must really understand it yourself.

9. **Break Down Large Tasks** – When it comes to midterms and finals, break large tasks down into workable actions and then appropriate specific times for each one in your normal schedule.

10. **Remain Physically Healthy** – Eating healthy, getting enough sleep, and exercising will help your mind your focus on your studies, as well as provide a release.