

# STUDY SMARTER

## GIVE YOURSELF ENOUGH TIME TO STUDY.



Set a time table and stick to it. Cramming is NOT an effective way to learn and remember information.

## ORGANIZE YOUR STUDY SPACE.



Study without interruption by making sure you have everything you need laid out ahead of time.

## STUDY IN GROUPS.



Share knowledge. Keep each other accountable and focused. Make sure everyone stays on track.



## TAKE BREAKS!

Take a brief walk. Meditate. Have a snack. Do jumping jacks. Stretch your legs. Splash some water on your face.

Study breaks aren't just fun, they're necessary. They relieve stress and help you keep focused.



## EAT HEALTHY SNACKS WHILE YOU STUDY.



Healthy foods are brain foods! They allow for an even release of energy for maximum study time!

## PREPARE FOR EXAM DAYS IN ADVANCE.



Test anxiety? Creating an exam day schedule and prepping materials ahead of time can help.

## DRINK PLENTY OF WATER.



Staying hydrated is important if you want your body and brain to function at their best!