

STUDY SESSION

PLACE

- Quiet, comfortable, good lighting
- Put all of the stuff you need in your study place **before** you begin, like textbooks, notebooks, pencils, paper, etc.

BREAK

Take a 10 minute break for every 50 minutes of study time.

Do's & Don'ts

- Don't study with your best friend. Study with an acquaintance instead and get more done in 1/2 the time.
- Don't cram! Plan your study time.
- Do stay organized. Spend time studying not trying to find what you are supposed to study!

TIME

- Be awake, relaxed, & NOT hungry!
- Review your notes 10 minutes per day for each class.

Reason: Research has shown that you are likely to forget 50%-80% of new material if you do not review it within 24 hours.



Time Out



Take a mini time out when you are studying and try to remember what you have just reviewed.



Celebrate

*Reward yourself on your 10 minute breaks with a favorite snack, a short phone call, listening to a favorite song, or a brief walk outside.