

Don't Study Without These 8 Tips:



Don't Multitask: When you study, focus only on studying. Multitasking can split your attention and decrease your ability to learn material.



Set the Mood: Listening to classical music while studying may activate the parts of your brain that help you pay attention, and can improve your mood.



Exercise: Consider exercising before a study session. Exercise makes you more alert and focused, and gives you the endurance you need to study for several hours.



Make Connections: Instead of just trying to memorize information, make connections between ideas and link new information to old information. This will help you remember more information in less time.



Use Flashcards: Record important information on flashcards and test yourself, or have a friend or family member test you. Repeat flashcards with material you have most difficulty remembering.



Review: You can prevent yourself from forgetting up to 80% of material by reviewing study notes within 24 hours.



Practice: If available, take practice tests. Studies show students retain 50% more material if they test themselves after learning.



Remember: Don't simply re-read material again and again. Close your eyes and recite as much of the information as you can as a way of testing your retention. This can cement information to long-term memory and make it obvious what material needs to be reviewed.