

Studying: Setting up for success

Study challenges not only include what strategies you are using to review material they can also include ones related to your space, schedule and mind-set. Here are top tips to setting yourself up for successful studying.

1. Manage Study Time

<ul style="list-style-type: none"> • Make a realistic plan 	<ul style="list-style-type: none"> • Focus on what you do not already know
<ul style="list-style-type: none"> • Break sessions into concrete goals 	<ul style="list-style-type: none"> • Avoid cramming
<ul style="list-style-type: none"> • Focused study for 30-minutes, with a 5-minute break in between 	<ul style="list-style-type: none"> • Spread studying over multiple days
<ul style="list-style-type: none"> • Mix it up and switch courses between breaks 	<ul style="list-style-type: none"> • Review often, ensures you do not have to spend time re-learning material

2. Set up learning environment

<ul style="list-style-type: none"> • Have all your materials accessible in one space 	<ul style="list-style-type: none"> • Declutter your space
<ul style="list-style-type: none"> • Schedule time for each course and study time 	<ul style="list-style-type: none"> • Share your schedule with others in the home
<ul style="list-style-type: none"> • Avoid distractions (phone, TV, etc.) 	<ul style="list-style-type: none"> • Work when you are most productive
<ul style="list-style-type: none"> • Make a list of contacts and resources to get support/guidance when needed 	<ul style="list-style-type: none"> • Have reliable internet access

3. Stay motivated

<ul style="list-style-type: none"> • Focus on why you are doing this task 	<ul style="list-style-type: none"> • Find the purpose of this task
<ul style="list-style-type: none"> • Be accountable to someone 	<ul style="list-style-type: none"> • Think of a reward when complete
<ul style="list-style-type: none"> • Break tasks into smaller, manageable chunks 	

4. Study schedules

<ul style="list-style-type: none"> • Will help you stay on track 	<ul style="list-style-type: none"> • Think of your study schedule as a job schedule
<ul style="list-style-type: none"> • Use calendars: weekly and/or monthly to enter your lectures/labs/tutorials 	<ul style="list-style-type: none"> • Use calendars: to enter 2-3 hours of studying per 1 hour of lecture
<ul style="list-style-type: none"> • To-do lists will help prioritize tasks 	

5. **Avoid distractions:** keep windows on computer minimized, turn off phones/TV's/tablets and stay off social media.

6. **Reward yourself:** keep in mind that the reward should be equal to the task.

