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**

   - Make a realistic plan
   - Break sessions into concrete goals
   - Focused study for 30-minutes, with a 5-minute break in between
   - Mix it up and switch courses between breaks

   - Focus on what you do not already know
   - Avoid cramming
   - Spread studying over multiple days
   - Review often, ensures you do not have to spend time re-learning material

2. **Set up learning environment**

   - Have all your materials accessible in one space
   - Schedule time for each course and study time
   - Avoid distractions (phone, TV, etc.)
   - Make a list of contacts and resources to get support/guidance when needed

   - Declutter your space
   - Share your schedule with others in the home
   - Work when you are most productive
   - Have reliable internet access

3. **Stay motivated**

   - Focus on why you are doing this task
   - Be accountable to someone
   - Break tasks into smaller, manageable chunks

   - Find the purpose of this task
   - Think of a reward when complete

4. **Study schedules**

   - Will help you stay on track
   - Use calendars: weekly and/or monthly to enter your lectures/labs/tutorials
   - To-do lists will help prioritize tasks

   - Think of your study schedule as a job schedule
   - Use calendars: to enter 2-3 hours of studying per 1 hour of lecture

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.