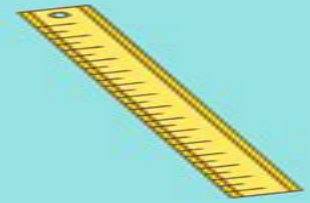


THE BEST STUDY TIPS



Even if you've kept up with all your school work this semester, preparing for midterms and finals can be stressful. Follow these study tips to make things easier.

1 MAKE A PLAN

Make a to-do list. Write down everything you need to get done and when it is due.

2 SPACE OUT STUDYING

Don't try to cram everything in at one time. Break up your studying hour long chunks. If you find yourself reading, and not remembering anything, you know it's time to take a break.

3 STUDY WITH OTHERS

Research shows that students who study with others do better than students who go it alone. Get together with two or three other people. Don't be afraid to ask questions. You can learn from each other.



4 GET PLENTY OF SLEEP

Studies show that students who sleep more get better grades. Ideally, you'll regularly get a good night's sleep, but at least try to get some sleep in the night or two leading up to the big test. If you need to, take a nap. Sleep is when your brain processes what you've learned, so there's nothing wrong with taking a study break to get some shut eye.



5 TRY DIFFERENT STUDYING TECHNIQUES

There are so many different ways to study. What works for one person might not work for another. Try out different study techniques to see what works for you.

- Read and highlight important passages
- Take notes as you read
- Rewrite your notes
- Make flash cards
- Retake old tests and quizzes
- Read out loud
- Explain things out loud like you're telling a small child.



6 VARY WHERE YOU STUDY

As crazy as this sounds, students who change up their study locations do better than students who study in only one place. So don't just study at home, move around. Try studying at the library, the student center, the laundromat, or a coffee shop. See what works best for you.



7 MANAGE YOUR STRESS LEVELS

Don't push yourself so hard that you make yourself sick. Learn what your stress triggers are and how you can avoid them. If you feel yourself getting too stressed or anxious, make a plan to deal with your stress: visit the counseling center, take a walk, take a nap. Don't burn yourself out.



How To Study Practical Tips For University Students

Karin Nielsen-Saines



How To Study Practical Tips For University Students:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **How To Study Practical Tips For University Students**

In a global inundated with screens and the cacophony of instantaneous interaction, the profound energy and mental resonance of verbal beauty frequently fade in to obscurity, eclipsed by the regular assault of noise and distractions. However, located within the musical pages of **How To Study Practical Tips For University Students**, a interesting work of literary brilliance that pulses with raw feelings, lies an wonderful journey waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this enchanting opus guides readers on an emotional odyssey, lightly exposing the latent possible and profound affect stuck within the delicate web of language. Within the heart-wrenching expanse of the evocative analysis, we can embark upon an introspective exploration of the book is main styles, dissect their captivating writing design, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

https://staging.conocer.cide.edu/data/scholarship/Documents/introducing_biological_science.pdf

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