

10 STUDY TIPS

1. Do not save studying for the night before! Study little by little each day. Check out Spaced Repetition Learning: <https://www.youtube.com/watch?v=cVf38y07cfk>
2. Study in the same or similar places each day to train your brain that when you are in that location it's time to work. AVOID studying in bed as it can disrupt your sleep.
3. Take handwritten notes - this works better than typing!
4. Avoid rereading notes. Try making a concept web on the material instead.
5. Set a timer for each piece of homework you do so that you get things done efficiently and don't spend too much time on one thing.
6. Multitasking is something humans are inherently bad at. Put away all distractors. Use the Forest App (<https://www.forestapp.cc/>) to keep yourself off your phone.
7. If you do plan to study a lot in one sitting, take a 15-minute break (do something not school related) after every hour of studying to avoid exhaustion.
8. Have someone else quiz you on the material, or try to teach someone about what you are learning.
9. Find a study buddy in each of your classes: exchange contact information at the beginning of the quarter or semester and make sure if you miss class you ask for their notes.
10. Ask the teacher or professor how *they* would study for their exam, and try it out!

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