

Study Tips

GET ORGANIZED

- ▶ Define tasks that will help you prepare for assignments/exams
- ▶ Make flashcards and/or use note cards
- ▶ Review notes, make sure you have all notes
- ▶ Attend review sessions and form study groups
- ▶ Allow yourself plenty of time to prepare so you can avoid cramming and pulling all-nighters

GO TO OFFICE HRS/MEET PROFESSOR

- ▶ Know what to expect on an exam, ask questions and get clarification on what the exam will focus on

LOCATE APPROPRIATE STUDY ENVIRONMENT



- ▶ Check out Illini Spaces to help you identify study locations that work for you and limit distractions (illinispaces.illinois.edu/uiuc)

CREATE A REASONABLE STUDY SCHEDULE

- ▶ Mix up tasks like reading, writing, and computer work to break up the monotony and give you variety while studying
- ▶ Be realistic about what you can accomplish in the time you have available
- ▶ Only take materials with you for the subjects you will be focusing on

MINIMIZE DISTRACTIONS

- ▶ Know your distractions that could lead to procrastination: social media, TV shows, videos, texting, etc.
- ▶ Install social media blockers if needed

TAKE STUDY BREAKS

- ▶ Consider taking a brief break after an hour of studying
- ▶ Taking study breaks helps your mind and body get refreshed
- ▶ Be reasonable on how long you will take a break (5 -10 min.)
- ▶ Be wise about what you do on your break:
For example, no social media if you know that will be too much of a distraction and make it difficult for you to get back to studying
- ▶ Listen to one of McKinley's online relaxation exercises and download them for free (mckinley.illinois.edu/relax)

Feeling stressed out?

Schedule an appointment with McKinley's Stress Management Educator. Call McKinley Health Education 333-2714.



KEEP CALM AND STUDY HARD

