

# TOP 8 STUDY TIPS

## TIME MANAGEMENT

- Key for your ACADEMIC and MENTAL success
- Make a timetable that study blocks of under 1 hour
- Timetable should include upcoming assignments
- Organization reduces stress and increases success

## GOALS

- Goals help direct your focus and spark motivation—Why am I studying biology? /What grade do I want in this course? Why?
- Set clear and defined short term (weekly) and long terms (semester) goals
- Celebrate achieved goals

## SLEEP

- Good sleep enables us to concentrate and remember things better
- Students need 8-10 hours of sleep each night to function best

## MOTIVATION AND CONFIDENCE

- Self-confidence is key when completing assignments and exams, no matter how prepared you are!
- Do not let a low grade be a blow to your confidence
- Learn from your mistakes

## AVOID PROCRASTINATION

- Setting goals including deadlines help you complete tasks on time.
- Avoid leaving things until the last minute
- Remove all distractions from your study place to make best use of your time

## UTILIZE YOUR TEACHERS

- Teachers want you to be successful and reach your goals.
- Make sure you ask for help when you do not understand
- Ask questions—be proactive not reactive!

## BALANCED LIFESTYLE

- Good overall health and well-being will only benefit your academic success
- Make time for you too! Breaks from studying are important for physical and mental health.
- Eat healthy and make time to exercise.

## LEARN FROM YOUR MISTAKES

- Take note of what you are doing wrong to prevent making the same mistakes in the future.
- Practice advocating for yourself when you need help.

