YOUR GUIDE TO Successful Studying

WELLBEING

Eat well. A healthy diet will help you feel well and make sure your mind is ready to learn.

Getting plenty of fresh air and exercise will boost your memory and brain power.

Don’t forget to laugh! Make time for your friends, have fun and relax.

Get plenty of sleep! Taking a short nap has been shown to improve memory.

Reward yourself. Set goals and give yourself a treat when you achieve them.

BE PREPARED

Keep a diary and write down assignment and test dates so you’re prepared for every deadline.

Ask your lecturer for advice on their tips and tricks for studying better.

Turn off all mobile devices while studying and you’ll find it much easier to concentrate.

Write down distractions for later and then come back to them once you have finished studying.

TIME AND SPACE

Break your study time into short chunks. 30 minutes followed by a 5-minute break is ideal.

Make sure your study space is comfortable, functional, and everything you need is close by.

Build studying into your routine by keeping to a specific study time each day.

Be organized and keep all your study materials in one place so you don’t waste time by searching.

TOP TIPS

Use colours to highlight key points in your notes, with specific colours for related information.

Join a study group. You can help each other understand difficult topics, test each other, and offer support.

Practice with past exam papers and essay questions to consolidate learning.

No cramming! Evidence shows that you won’t gain a deep understanding of material.

No multi-tasking! Focus on one thing at a time and you’ll learn better.

Discover more study skills tips with our interactive infographic at: www.routledge.com/collections/15606