

# TOP 10 STUDY TIPS

1. Plan ahead. Shape your study time to fit your needs. Set a timetable and slot in each subject that you need time for, giving more time where you know you need it.
2. Organize your study space. Make sure you have enough space & light (natural is best if you can make that happen), and that you are away from distractions. Set your environment to suit your preferences. Do you need silence, or some background music? Is your chair comfy and the desk or table at the right height?
3. Go to bed on time! This is always good advice, but seriously, getting a good night's sleep throughout your study and exam time will set your body clock to perform when you want it to. Everything works better after a good sleep!
4. Use flow charts and diagrams. Many people find pictures easier to remember. Flash cards, word association and matching 2 parts of an answer together, like a game, will also help you recall the info you need.
5. Practice on old exams. If your teacher provides practice tests, then use them! It's a perfect way to feel prepared and to make the experience familiar. Practice is most important in subjects like math, physics and science where formulas and equations will be a big part of the evaluation.
6. Explain your answers to others. This is a GREAT way to get things clear in your head and it will also show you where you need more work.
7. Organize a study group with some like-minded classmates. You can help with their questions and vice versa. Make sure you stay focused on the topic though!!
8. Take regular breaks. Don't try and cram it all into one long session. Study and review for an hour or so, and then get out for some exercise, have a meal with family, or hang out with your pet before you get back at it.
9. Snack on healthy food. What you eat can really have an impact on your focus and on your energy level so stay away from junk food. Nuts, fish, yogurt and blueberries are proven memory and concentration boosters!!
10. Stay hydrated. Drink water regularly. It's essential for your brain to work at its best!

Some great tips for being ahead of the game, when it comes to studying, are to review regularly throughout your course. If you continually review what you have learned, each week, just for a short time, then you will be able to recall the info much easier at final exam time.

Also, with the semester system, you will often go half a year between your repeating courses (like math) so if you set times to review your past year's info, you won't forget the key concepts. There are some great websites that can help you out with that so ask your teacher what they suggest!