



STUDY TIPS

Jacksonville University Student Counseling Center

Effective studying techniques look different for everyone, but below are some ideas to help you maximize your precious time to help you do the best you can on your upcoming exams, papers, and presentations. Try out some of these tips, and make adjustments until you figure out what works best for you. Happy studying, and best wishes!

Plan, Plan, Plan

1.

Create a schedule of the week and block out time for each class and all of the assignments that you need to get done. When do you do your best work? Pick the things that are of highest priority to you and plan to do those when you're most on top of your game. To help yourself even more, you can also schedule in other things, like meals, socialization, and sleep.



Find Your Zone

2.

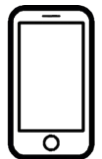
Your physical environment has a big impact on your comfort level, ability to concentrate, and how you take in and retain information. Try out different study spaces, like a quiet reading room, a busy coffee shop, or an outside table. Test out other ways to make your space most productive, such as listening to music, drinking some warm tea, or studying with a friend.



Unplug

3.

While our phones, watches, and laptops are great in many ways, they can be a tempting distraction when you are trying to get your work done. Try putting your electronics in a different room, giving them to a friend, or turning them off entirely while you power through your papers and projects.



Mix It Up

4.

It can be easy to feel lost in the monotony of reviewing material over and over again. If this is you, try to change things up! Alternate different forms of studying the same material, such as using flashcards, writing important concepts on a white board, teaching a friend, recording a video about the chapter you just read, or drawing pictures to help you remember details.



Take A Break

5.

While you may want to use every moment to study every bit of information, taking breaks helps you to recharge and stay focused for even longer. Try using the 50-minute-hour method. Set your timer for 50 minutes to work hard, then take a 10-minute break to round out the hour. Use this time to stretch, take a walk, get a snack, watch a funny video, or anything else rejuvenating. Then, go ahead and keep on studying!

