

Study Skills Guide

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1. Get a calendar to and block off your study time at the same times throughout the week.
2. Your study schedule should include:

30 minutes study

30 minute break

30 minute study

You may need to try different amounts of time to see what works best for you.

3. On the SAME DAY study the material that you just learned in class. If you study it while it is fresh in your mind, you will remember it better. Avoid waiting for 2-3 days when possible.
4. Study during the daylight hours because your brains functions better at studying during the daytime. Save the evening for errands such as washing clothes, shopping, etc.
5. Proper nutrition is very important for maximum brain functioning. At very least, buy protein bars that you can eat prior to class and studying for maximum energy and focus.
6. Hydration is also important for brain health. Drink plenty of water and healthy liquids.
7. Be positive! Have confidence in yourself. Build confidence through positive affirmations.