



# Center for Student Success

## QUICK STUDY TIPS

### Find a space that works best for YOU

Create a comfortable and productive study environment.

### Space out your studying over multiple days

Schedule chunks of time to look over material rather than cram it.

### The Pomodoro Technique

25 minutes (one pomodoro) of full-focus studying/working on a task followed by a 5-minute break. Repeat the process. After four pomodoros, take a 15-30 minute break.

### Schedule breaks, downtime, and self-care!

Dedicate time to taking care of yourself. You deserve it!

### Implement study time into your daily routine

It takes 28 days to form a habit. The more you do it, the easier it can become.

### Minimize distractions

Try to only allow necessary noises (music or background noise that doesn't distract you).

### Don't multitask

It may seem more productive, but you instead are dividing your attention between several things over just one, so you're more likely to miss things.

### Prioritize your responsibilities

Do the important stuff first, but be realistic and don't stretch yourself too thin!

### Ask for help!

There is nothing wrong with asking for help; you are only human!

## Center for Student Success

Nicholson 4th Floor - Solution Central

[center4success@rmu.edu](mailto:center4success@rmu.edu)

[rmu.edu/css](http://rmu.edu/css)

**Tutoring Center:** [rmu.edu/tutoring](http://rmu.edu/tutoring)

**Writing Center:** [rmu.edu/writingcenter](http://rmu.edu/writingcenter)

