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!