

# STUDY TIPS

## STUDY WHEN:

- Plan two study hours for every hour you spend in class.
- Study difficult (or boring) subjects first.
- Avoid scheduling marathon study sessions.
- Be aware of your best time of day.
- Use waiting time.
- Use a regular study area.

## STUDY WHERE:

- Choose a place that minimizes visual and auditory distractions.
- Use the library or empty classrooms. Get out of a noisy dorm.
- Don't get too comfortable. Sit (or even stand) so that you can remain awake and attentive.
- Find a better place when productivity falls off.

## YOU AND THE OUTSIDE WORLD:

- Pay attention to your attention.
- Agree with roommates about study time.
- Avoid noise distractions.
- Notice how others misuse your time.
- Get off the phone and the internet!
- Hang a "Do Not Disturb!" sign on your door.
- Ask: "What is one task I can accomplish toward my goal?"
- Ask: "Am I beating myself up?" (Lighten up, don't berate self).
- Ask: "Would I pay myself for what I'm doing right now?"

**For additional academic success resources contact CAPS at 674-8050  
and/or the Academic Support Center at 674-7110.**