



STUDY TIPS

ESTABLISH A ROUTINE

Create a consistent routine where you study for a set period of time, at a certain time of day each day.

CREATE A DEDICATED STUDY AREA

Wherever possible make sure to study in the same place each time. Pick a comfortable place with minimal distractions.

QUALITY OVER QUANTITY

It is better to break your study sessions up in shorter time periods with regular breaks in between. Here quality really beats quantity.

TREAT IT LIKE YOUR JOB

Commitment is key with study. If you've got a study plan in place, stick to it! You wouldn't just skip work on a whim, so don't do it with study.

SET SPECIFIC GOALS

When starting a study session set specific goals with what you want to achieve during that time (e.g. read one chapter, or write 3 paragraphs).

WRITE DOWN WHAT YOU LEARN

When reading a chapter or watching a lecture, make a point of writing down the key takeaways that you have learnt.

QUIZ YOURSELF

A really good way to make sure that what you are learning stick is to regularly quiz yourself on the content you've read/watched.

TAKE A BREAK

Regular shorter breaks and a change of scenery is a great way to keep yourself energised and your brain focused.

SELF CARE IS KEY

When studying, don't forget to look after yourself! Make sure to get adequate sleep, eat regularly and engage in some physical activity