STUDY SMARTER

NOT HARDER

01 READING IS THE FIRST STEP

Simply reading and re-reading notes often leads to quick forgetting because it doesn't challenge your brain to engage. Instead, actively study by collecting all your materials related to a single topic and organizing them into one cohesive set. Label each set clearly by topic, and then study one topic at a time to reinforce understanding and retention.

02 SWITCH UP YOUR SETTING

Explore a variety of study spots both on and off campus to keep your environment fresh and productive.

If a particular location stops helping you focus, switch it up —sometimes a change of scenery is all it takes to boost concentration and motivation.

03 RECONSIDER MULTITASKING

Extensive research shows that multitasking not only fails to boost efficiency but can also lead to poorer performance and outcomes.

04 EMBRACE INTENSITY

Not all study methods are equally effective. Short, focused sessions—known as intensive studying—help you get more done with less wasted effort.

These bursts of concentrated work outperform long, drawn-out study marathons when it comes to retention and productivity.

05 TAKE CONTROL OF YOUR CALENDAR

Managing your schedule intentionally will help you accomplish your goals:

- Set aside the same day each week to plan.
- List your goals for each class, check your calendar to see how much time you have, and adjust your workload if needed.
- Then, schedule specific time blocks to tackle your assignments.

06 USE DOWNTIME TO YOUR ADVANTAGE

Don't be fooled by "easy" weeks—they're often just the calm before a busy stretch. Use lighter workloads as an opportunity to get ahead on assignments or begin long-term projects. Aim to engage with every class each week, even if nothing is due, and ideally, make time for each subject daily to stay consistently prepared.