

VFMS STUDYING SMART GUIDE

Tips and strategies to help you get
the most out of your study time.

Know When, Where,
and How to Study

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– HAVE A GOOD PLACE TO STUDY

- Your study area should be quiet, comfortable, well-lit, and have a surface area with all of your tools that you may need (Chromebook, paper, writing material, etc.)

– ELIMINATE DISTRACTIONS

- Turn off the TV and silence your phone. By eliminating all distractions, you force yourself to do one thing only- study.

– BE SMART ABOUT WHEN YOU STUDY

- Some students study best at night. Others prefer studying earlier in the day. Try to plan your day so that you study when you're the most alert.

– GET STARTED

- Don't procrastinate or wait until you're "in the mood." Set a time to start studying and stick to it.

Organize Your Study Time



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– CREATE A STUDY PLAN

- Before you begin studying, decide exactly what you want to get done and the order in which you are going to do it.
- If you have a lot to do, prioritize your work. Start with the things that are the most important.
- If you have something to memorize, work on it first, and then go over it again at the end of your study session.

– BREAK LARGE ASSIGNMENTS DOWN

- Use a planner to break large assignments down into smaller, more manageable parts.

– TAKE BREAKS

- After studying for 30 minutes, take a short break. Get a snack or get up and stretch. Resist the temptation to text friends, go online, or check your messages. Save those things for later.

The key to success is not
studying a lot- it's studying
smart!


STUDY TIPS



Study Tips

USE THESE TIPS TO HELP YOU STAY ON TRACK AND MAKE THE MOST OF YOUR STUDY TIME.

- Have a buddy in class that you can reach out to if you have any questions or need to bounce ideas off of.
- Complete written assignments early. This gives you time to improve your work.
- If you listen to music while you're doing homework, try listening to classical music.
- If there's something you don't understand, ask for clarification. If you're struggling in a class, don't wait. Get help!
- The key to learning anything is REVIEW. When you review, you move information from your short-term memory into your long-term memory. Review often!



“WE ARE WHAT WE
REPEATEDLY DO.
EXCELLENCE THEN,
IS NOT AN ACT,
BUT A HABIT.”

- Aristotle