

TOP 5 STUDY MUST DO'S

Studying can be a daunting task especially when you do not know how to begin and what it entails. Here is a list of a few tips that will help you to relax and begin:

1. **DO** find "your study place". If this place can be same place every time, even better. Make sure that this place is relatively quiet, has proper lighting, and is free of distractions.
2. **DO** try to study at the same time or around the same time each day. This will be your "study time", which will be a time that everyone knows not to disturb you, and it will be easier over time for you to start studying. You will make it a habit to study.
3. **DO** keep a checklist of your assignments with their deadlines so that you can prioritize and manage your time most effectively and efficiently.
4. **DO** set a time when you want to finish your studying each day and prioritize with your checklist what you want to accomplish during that study time. This will also allow you time to yourself, so that you are not up all night or studying the entire day.
5. **DO** take short breaks, especially if you find yourself daydreaming or zoning out. Breaks are a perfect opportunity for you to have a snack, stretch, get some coffee or water, use the bathroom, etc.

Please use these tips as they have helped me numerous times, and still do.

GOOD LUCK!!!!