

# STUDY, STUDY, STUDY

- **ATTEND** as many academic support activities and workshop as possible. They are usually free and are always helpful.
- **STUDY!** *This may be a case of stating the obvious but you would be surprised how many students don't bother.*
- **STUDYING WITH SOOTHING MUSIC** in the background (contrary to popular opinion) can enhance your concentration.
- Floral scented candles and mixed potpourri facilitate learning (strange but true)
- Studying in a soft or on a cushy bed may not be the best strategy.
  1. Active learning may require walking around the room or sitting on the edge of the chair.
  2. Wake up your body- Wake up your mind.

**STUDY SPACE:** Your regular study space should be as quiet and comfortable as possible and large enough to have access to everything you need for studying (text & reference books, pencil, paper, rulers, etc...)

1. Libraries, study lounges, or private rooms are an ideal.
  2. Get rid of clutter. Clean the desk or table of all materials not related to the current project.
- **TUTORING IS NOT A NEGATIVE THING!** Get help early before the academic damage is irreversible. *Many schools offer free tutoring in a variety of subjects.*
  - Study groups are great but in general studying alone is more effective.

~~Quick Study~~