STUDY SMARTER, NOT HARDER

8 study tips to be successful in college

1. Create Study Groups: Work with classmates to work through challenging problems.

2. Limit Distractions: Silence your phone and put it away.

3. Music: Listen to music without lyrics.

4. Note taking: Review, rewrite, and organize your notes with colored pens and highlighters.

5. Self-Care: Eat healthy, drink water, get outside and moving, and get a good night’s sleep.

6. Space: Find a decluttered area where you focus best.

7. Strategize: Use methods such as the Pomodoro technique. [Study for 25 minutes and take a 5 minute break]

8. Timing: Study during the time of day in which you are most productive.

For more resources, please visit:
http://www.csueastbay.edu/mathlab
http://www.csueastbay.edu/stemlab
IG: @csuebmathlab
Drop-In Hours: https://csueb.zoom.us/j/899904493