

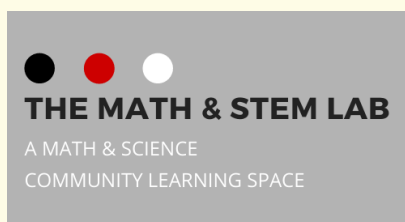


STUDY SMARTER, NOT HARDER



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>