SIMPLE STEPS TO SUCCESSFUL STUDYING

1. TAKE FREQUENT BREAKS
Try the 20-5-20 method. Study for 20 minutes, take a break for 5 minutes, then study for another 20 minutes. This gives your brain time to reset and refocus. Also, this method will help you better retain information.

2. SWITCH UP YOUR SPACE
Find the study space that works best for you. This may be a table in the library, your desk at home, a space outside, or a nook around campus. If the space becomes too distracting, find another space that fits your needs best.

3. ELIMINATE DISTRACTIONS
Turn off your devices and focus yourself as much as you are able on the single task at hand. Let friends and family know when you are studying, stay away from social media, and avoid any extraneous internet browsing while you study.

4. REFUEL WITH SNACKS
Maintain your physical well-being with frequent snacks, water, and movement. Healthy snacks and drinks that promote brain power include berries, nuts, yogurt, eggs, green tea, and coffee.

5. BECOME THE TEACHER
If you like to study with friends, practice teaching the information to someone else. Explain processes, concepts, and themes to a friend or study buddy. This form of engagement promotes better retention of information than simply reading the material.

6. VISIT THE LEARNING LAB
The Learning Lab, located in CFCC’s Library, is staffed with professionals who provide weekly workshops, one-on-one sessions, tutoring, and study resources. Find out more at cfcc.edu/learning-lab.

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