

General Study Tips

To get the most out of your study time:

- **Set goals on how much you want to accomplish during each study session.**
- **Determine when you are most awake and alert.**
- **Use that time for studying.**
- **When you finish an assignment, ask yourself what you have learned. Tell yourself about it as if you were telling another person.**
- **Try to study for 25-45 minutes at a time and then take a short break to reward yourself.**
- **Study in a place where you feel comfortable, away from distractions.**