

# TIPS FOR STUDYING AT HOME EFFECTIVELY

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## 1. Try Active Studying

Active studying is as simple as asking questions before, during, and after study time.

Questions to ask yourself before you study:

- What am I about to learn? What do I already know about this?

Questions to ask yourself while you study:

- How does this information fit into a bigger picture?
- Do I understand what I have just read?
- Can I paraphrase it?
- Are there any key words or ideas that I need to write down? Why are these words and ideas important?

Questions to ask yourself after you study:

- What can I take away from this study session?
- What do I need to review or learn next time?

## 2. Get A Good Night's Sleep

Students of all ages should get at least eight hours of sleep every school night. It's the best way to ensure that the brain is refreshed and ready to process all of the information learned during the day. Sleep also aids the bodies immune system in doing it's job.

## 3. Study At The Right Time

Every student has his or her own daily highs and lows. Some people are **night owls while some people prefer the morning**. Take advantage of the time of the day you feel most productive, and don't try to force yourself to study when your brainpower isn't at its peak. Try to study when you are most alert, so you are able to process and retain the information that you are studying.

#### **4. Have A Designated Study Area**

Whether it's the kitchen table or the desk in your bedroom, create an area to study that is a designated study zone. Try to reserve your bed for sleeping and avoid studying in it (it can be all too easy to take a nap!). Most importantly, keep your study space clean and organized so you can put more time into studying

#### **5. Eat Properly**

Don't forget to eat! Your body (and your brain) needs fuel to help stay in top form. Plus, it's difficult to focus when your stomach is growling. Have **healthy** snacks while you study, but make sure they're prepared in advance so you don't spend too much time away from your work. More time away means more opportunity to be distracted!

#### **6. Stay in a Routine**

School is based on routine. Staying in a routine will help you get things done and stay on track. It will also make the readjustment back to school routine less miserable.

#### **7. Create A Timetable**

**Creating a timetable** helps organize your time, schedules your breaks, and is especially useful when you have multiple subjects to study. Write your schedule down so you can remember it and refer to it often. Set reasonable limits for how much time you spend studying each day, and break your study session up into manageable chunks of time.

#### **8. Keep devices away**

Unless you are using your phone for work, keep it away and silent. When distracting yourself with Instagram or Snapchat, information you learned is not retained and studying takes many times longer to complete. Save the TikTok for when you're done.