

Student study tips

"How can I as a student achieve success in my classes?" We're glad you asked, the following are some tips and tricks for students who are keen on improving their studying skills and in result, their academic performance.

Taking care of yourself!



Diet

Diet is essential to studying effectively. While most teenagers choose quick and easy meals, which tend not to be nutrient dense. Nutrient-dense meals help support brain function and enhance concentration and focus, which is essential to studying. Foods like whole grains, fruits, vegetables, eggs, etc, are great options to include in your diet.

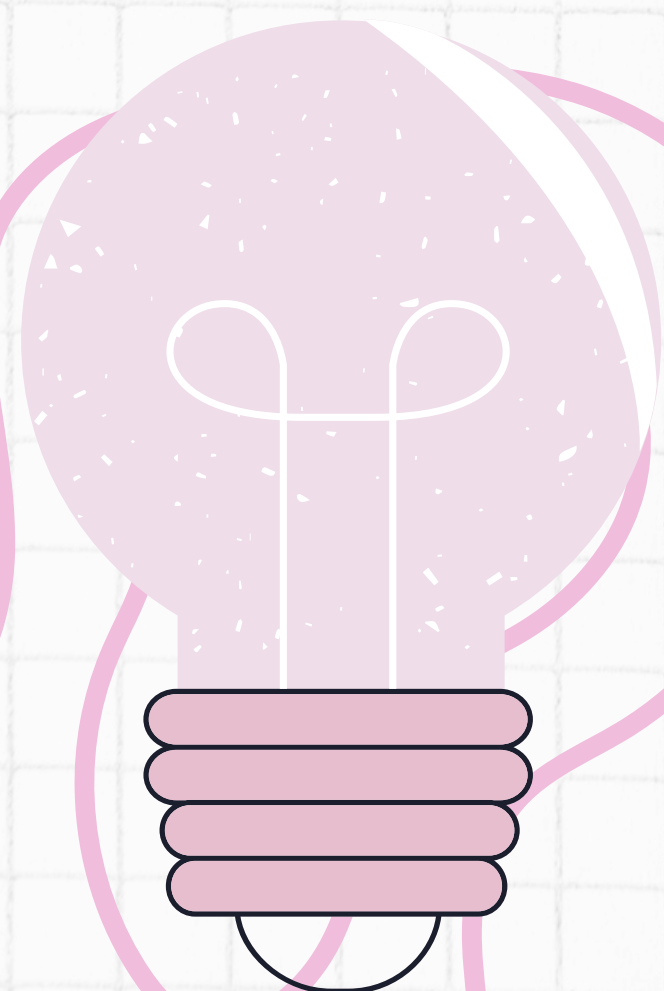
Sleep

One of the most recommended study tips, believe it or not, is sleeping. Many students sacrifice a good night's sleep for other things such, as studying or hanging out with friends. Most teenagers sleep for 5-7 hours per night, but they should be getting 8-10 hours per night!



Exercise

It may be hard to believe, but exercise and studying are related. You might be wondering how they are related. Exercise reduces stress and anxiety by lowering cortisol levels, releasing endorphins, which makes studying more effective for you. Additionally, exercise boosts your brain function, improving memory, focus and concentration.

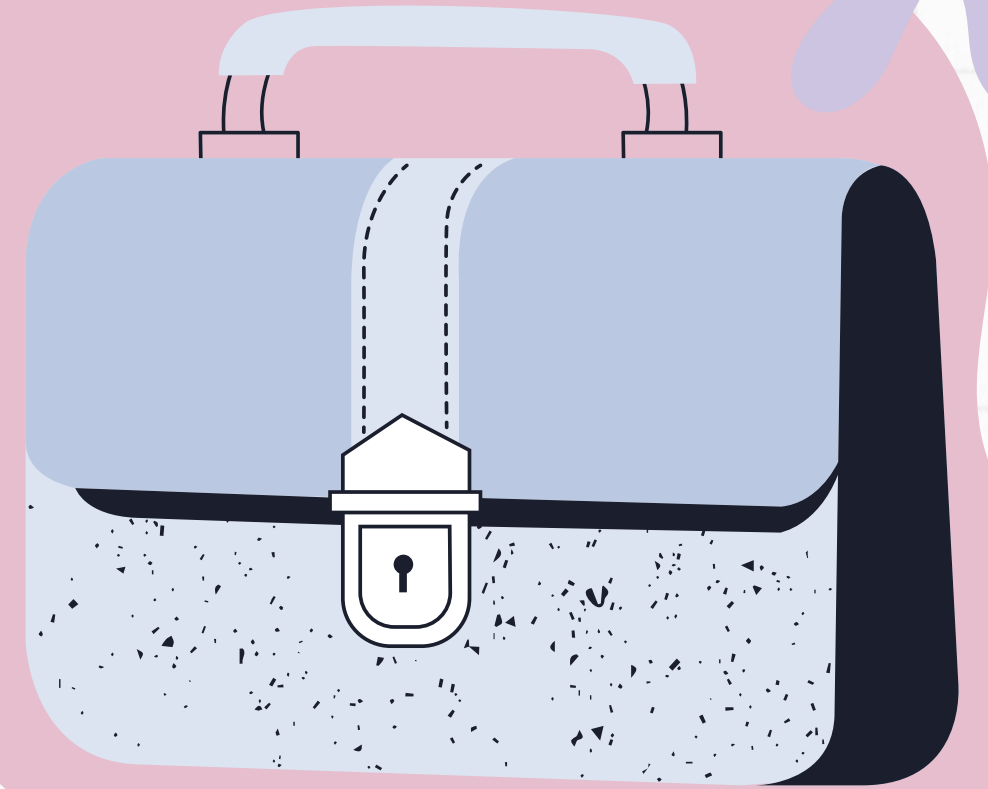


More study tips for you!

Taking care of your academics!

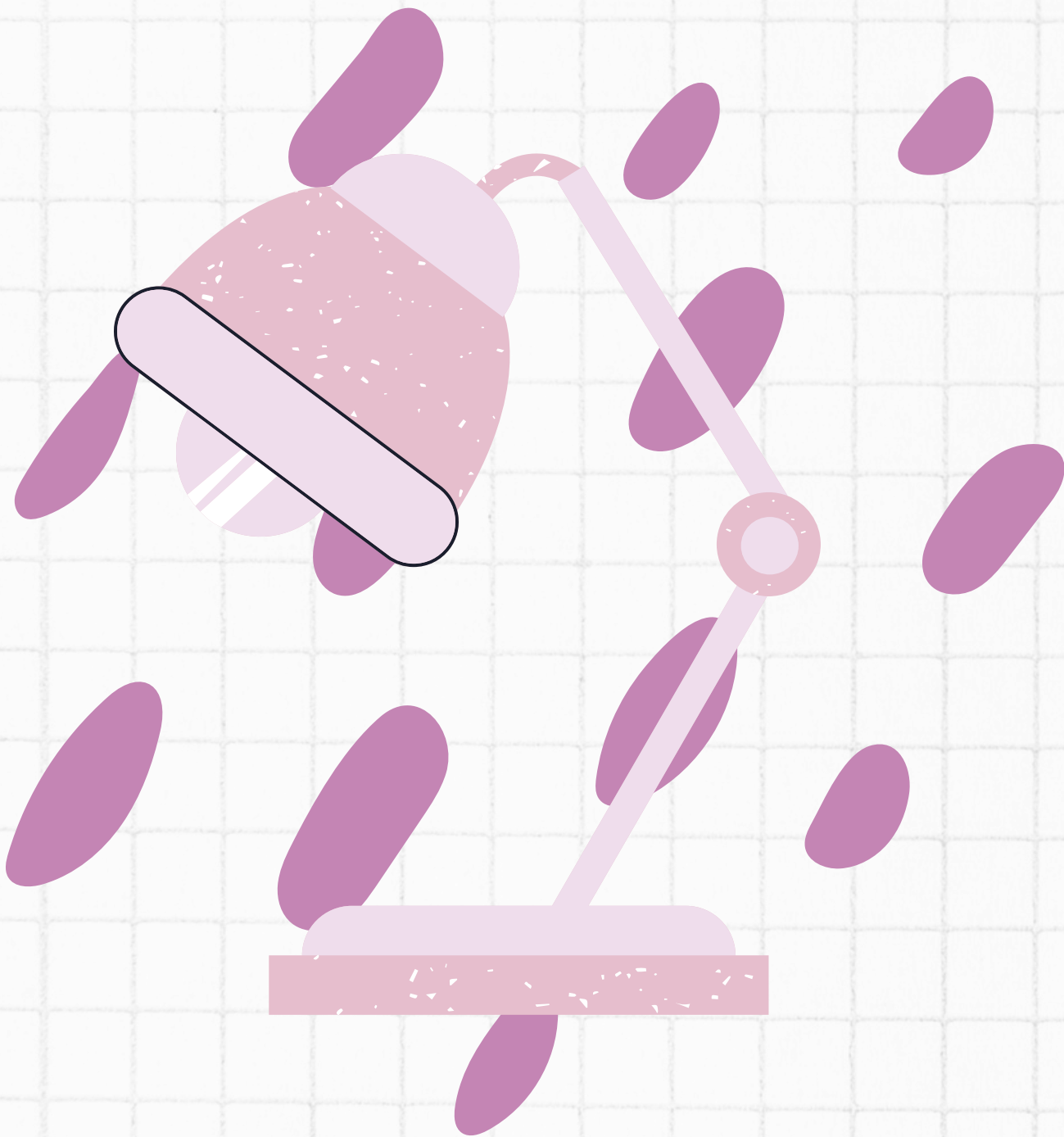
Don't cram!

Are you leaving your studying until the last minute? This might not be the most effective way to study. Leaving your studying until the last minute overwhelms your brain which results in poor retention, which makes it harder for you to remember what you studied. Cramming everything last minute, trying to cover large topics in a short amount of time, can lead to fatigue and anxiety, which can reflect in your grade.



Active Learning

Active learning is one of the most effective ways to retain information, making studying much easier. Active learning helps you engage and participate, think critically, and work the problem, rather than just reading or receiving information verbally. Active learning can be engaging in class material or doing hands on activities that help you understand and retain material when time to study. If you give up easily, keep persevering, there is no such thing as can't, because you CAN do anything!



Environment

Do you choose loud and disruptive spaces to study? Are you easily distracted by your peers? Studying in a motivating environment that fits your needs is crucial. Places like the library, seminar study rooms, and a quiet place in your house are great options with limited distractions to make the most of your studying.

