

Study Strategies

Time Management:

- **Time blocking:** Divide your day into smaller blocks of time for different tasks.
- **Pomodoro Technique:** Set a timer for 25 minutes and focus on a specific task for that time. Once the timer runs out, take a deliberate 5 minute break.
- **Spaced repetition:** Spacing out your study sessions (hours to days)

"I never lose. I either win or I learn." -Nelson Mandela



Find the method that works best for you.

Fighting Procrastination:

- **123 Method:** Count to 3 slowly, then force yourself to start your task.
- **5-minute Rule:** Set a timer for 5 minutes during which you focus on a task you've been procrastinating. Afterwards, you're free to stop, but will likely feel motivated to continue.

Study Techniques:

- **Blurting / Active recall:** Read through material for 15-20 minutes, then put it away. Try to write down/vocalize as much as you know on the topic(s). Then, fill in any information you missed by revisiting your notes/PowerPoint.
- **Leitner System:** Sort flashcards into groups depending on how well you know their content.
- **Feynman Technique:** Take a difficult subject and simplify it as if you were to teach it to someone else.
- **Interleaving:** Mix subjects while studying and use several different study techniques.

Scan the QR code for a better description of each strategy!



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Lifestyle:

- **Positive habits:** Prioritize sleep and taking care of yourself. Limit screen time, pursue hobbies/extracurriculars, and practice mindfulness.
- **Romanticizing school:** Create a study space where you feel comfortable and productive, have a study snack on hand (your brain needs fuel!!!), change where you study frequently (cafes are a great place to get work done). We know it sounds silly, but it really works