



HEALTHY STUDY HABITS

Studying “smarter” can actually help make you smarter. The right routine and environment improve your ability to retain information.

Many factors — such as location, routine, and attitude — contribute to developing healthy study habits. Take a closer look at these elements, and see how you can improve the way you study and start achieving your goals:

LOCATION, LOCATION, LOCATION

Where you study is important. Where are you productive? Some people need a lot of natural light and a quiet space, while others view windows as portals of distraction and prefer small spaces, such as a study room in the back corner of a library. Try out a few spaces before deciding what’s best for you.

REMOVE DISTRACTIONS

Make sure you have what you need and eliminate the things you don’t. If you don’t need a computer, don’t bring one.

Email, games and social media are all powerful distractions because they might be more fun than the task at hand. Don’t help yourself break your own focus.

FIND YOUR STUDY SNACKS

Try small, dry foods, such as salted nuts, granola or pretzels. You’re looking for healthy and easy-to-eat options that you can pop in your mouth without utensils. Sometimes keeping your mouth busy helps keep your mind focused.

ESTABLISH A SCHEDULE

Have a plan for when you will study and follow through. It is much better to study



a little every day than it is to cram the night before a big exam. Plus, if you stick to a routine, you will slowly rewire your brain to understand that “This is study time,” which will make it easier over time.

THE RIGHT ATTITUDE

The way you approach studying matters in a big way. Think positively and treat studying as an opportunity to understand something better. Negative thoughts and comparing yourself to peers will be counterproductive and have no place in your study space.

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