WHETHER YOU ARE COMPLETING CLASS ASSIGNMENTS OR PREPARING FOR A TEST, THESE STRATEGIES WILL HELP YOU STUDY MORE EFFECTIVELY:

1. Make studying a part of your daily routine.

2. Manage your study time wisely (Create a schedule that will allow you to prepare for exams and complete course assignments on time).

3. Collaborate with others.
   - One of the most effective ways to study is in a group with other students.

4. Make your learning style work for you as you study.

5. Be alert for external distractions.
   - Choose a place to study where you can concentrate.
   - The campus library is usually the best place to go for uninterrupted study.

6. Get enough sleep.
   - Don’t cut back your sleep to cram for tests. Most tests require you to think clearly about the concepts that you have studied.
   - Especially during final exams, it is important to be well rested so that you can stay alert for extended periods of time.

7. Follow a regular exercise program.
   - Walking, jogging, swimming, dancing or any other aerobic activities might help you think more clearly and can provide positive and needed study breaks.
   - Exercising releases endorphins in the brain, so it can help improve your mood.
   - Research has shown that exercise can potentially increase your brain power by generating new neurons in the hippocampus, an area of the brain that controls learning and memory.

8. Get a tutor.
   - Tutoring is not just for students who are failing. The best students seek tutorial assistance to ensure that they understand the course material.
   - Ask your academic advisor, professor, or the Academic Success Center about the availability of tutoring or other kinds of academic support.