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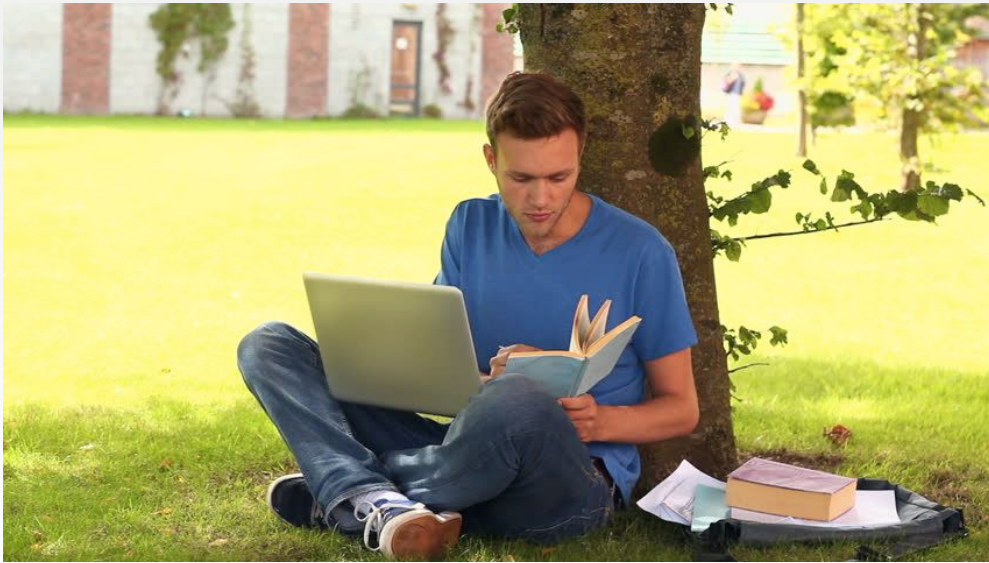
10 Study Habits That Lead to Academic Success

#1 - Find a Comfortable Spot

Location, location, location!

Whether it be your bedroom, a library, or outdoors, having a comfortable space to study is step one to put you in the right mindset.

Moving to a different spot is proven to help with both concentration and retention.



#2 - Listen to Relaxing Music

Classical music is a common genre that people listen to to get things done.

A more modern genre is lo-fi hip-hop music, which is increasingly popular among students.

Having music playing in the background makes studying feel less like a chore, and helps improve your mood overall.



#3 - Have Snacks Ready



Part of making studying feel less exhausting is having an enjoyable snack beside you.

Eating also helps you stay awake if things get a bit too exhausting.

Healthier treats are definitely more beneficial in the long run but a little junk food is okay in moderation.

#4 - Pace Yourself

You can't study 10 chapters of material in a 30-minute period, and you shouldn't try to either!

Slowing down and making sure you're understanding the material you're studying is essential.

Having a slower studying speed also makes it easier to build a routine, where studying will eventually come more naturally to you.



#5 - Take Breaks



Studying nonstop for hours on end is not good for your mental health, and it might even be bad for retention.

Taking 30-minute breaks every so often helps keep your stress level down.

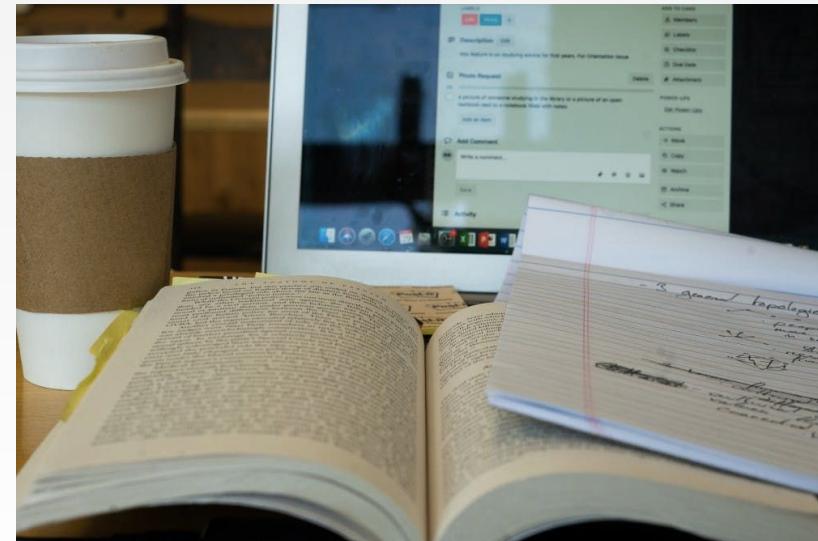
Go for a walk, do a short workout, or even take a quick nap. When you come back to studying, you'll be refreshed and ready to keep going.

#6 - Be Efficient

Everyone learns differently; some are visual, others are auditory learners.

Don't waste time studying off of paper notes if it does not work for you.

Get creative! All that matters is that you learn the material and succeed in your courses.



#7 - Study in Groups

Being in groups of peers may help you look at your course material with a brand new perspective.

Your classmates may be able to explain it in ways that your professor could not.

Getting together with classmates is one of the many tools you should use to your advantage.



#8 - Eliminate Distractions



While background music is okay, you should try to turn off your phone, TV and other electronics when possible.

Giving 100% of your focus to your studies is the best way to make sure you're actually absorbing the information, and not just reading notes.

Restricting use of digital devices also makes it a reward at the end of a productive study session.



#9 - Take Practice Tests

When possible, use online practice tests to test your knowledge of your curriculum.

Sites like Quizlet allow you to make practice tests on your own.

Some professors even provide students with mock tests, that are often similar or identical to the actual exams.



#10 - Do it in Advance



The most common mistake students make is cramming the night before a big exam.

There is little evidence to suggest that cramming is an effective method of studying

Instead, save yourself the stress and sleep deprivation. Study at least a few days before your exam, and you'll feel more prepared and relaxed on the day.



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