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| **Self-Care Study Tips** | | |
|  | Eat three meals a day. Eat healthy foods. Recommended brain foods: blueberries, chicken, eggs, sunflower seeds, almonds, and broccoli. | |
|  | Drink plenty of water. Your mental processing slows when your body does not have enough water. | |
|  | 8 hours of sleep every night = improves memory, helps you learn faster, and you stay more focused. | |
|  | Exercise more. Exercising 30-45 minutes 3 times/ week improves memory, mood, and brain function. | |
| **Active Studying Tips** | | |
|  | Teach someone else. According to the National Training Laboratory,  you remember 5% from listening to lectures but retain 90% through teaching others! | |
|  | Rewrite notes you need to know. Use paper, whiteboards, a computer... whatever works for you. | |
|  | Quiz yourself. Make flashcards (with notecards or using online programs like [Quizlet](https://quizlet.com/)). | |
|  | Record your notes and listen to them repeatedly. | |
|  | Say your notes aloud. | |
|  | Move while you study. | |
|  | Study in groups. | |
|  | Have someone quiz you. | |
| **Effective Studying Tips** | | |
|  | Avoid last-minute cramming. Instead, study over several days. When you cram, the information only goes into your short-term memory - this won’t help you when you’re working in your field. | |
|  | Study a little bit every day. A good time to review information is at night before bed. | |
|  | Study notes after class or at least the same day you took them. You are **60%** more likely to remember material if it is reviewed within 24 hours of hearing it. | |
|  | Shut off your phone when you study. The research is clear: Multitasking makes a person less productive, more distracted, and lessens understanding. | |
|  | Choose a study location that works for you. Change locations if you become tired or distracted. | |
|  | Use the [Pomodoro method](https://www.tomatotimers.com/assets/images/tomato-work-flow.svg) (study in **blocks of time**)  Plan your studying using a “to-do list” using chunks of information that you want to study during each [Pomodoro time block](https://pomofocus.io/app) | 1. Study 20 min 2. 5 min break 3. Repeat for 4 blocks of time 4. Long break (15-20) min 5. Start again with the same or a new topic |
|  | Don’t just plan to study the urinary system (u.s.)  Break that topic into **chunks**: | **Block 1:** normal anatomy of the u.s.  **Block 2:** normal function of the u.s.  **Block 3:** effects of aging on the u.s.  **Block 4:** treating patients with u.s disorders |
| **Active Reading Strategies** | | |
|  | Pre-read the section/chapter/PowerPoint and **break** it into chunks. | |
|  | Write questions out of headings and bolded words/vocabulary words. | |
|  | Make notecards out of your questions/vocabulary words. | |
|  | Take notes while you read, paying attention to the main ideas and supporting details. | |
|  | Stop after each section/chunk and try to summarize what you have read in your own words. | |
|  | Highlight, underline, and write notes in the book's/PPT’s margins. | |