

# Study Tips

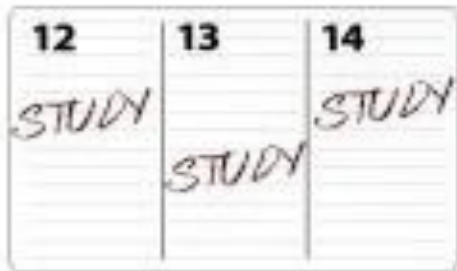
1

GET ENOUGH SLEEP



so that your brain has the opportunity to consolidate new knowledge.

2



BREAK STUDY TIME INTO SMALL CHUNKS

Space your learning over multiple days.

3

Know Your Body.

Study when you are at your

**MOST ALERT.**

4

TURN HEADINGS INTO QUESTIONS

and read paragraph by paragraph for comprehension.



5

TEST YOURSELF FREQUENTLY

when you study, so you can practice retrieving information.