



## Study Tips for Maximum Efficiency

YOUR BODY MAY CEASE TO GROW AFTER 20 YEARS,  
BUT THE MIND MAY GROW FOREVER.

### 1. Attitude is critical

Say to yourself, "It's easy, and I like it!" Even the tiniest bit of doubt in one's self can lower one's performance. Smiling and laughing produces endorphins which aid you in remembering.

### 2. Relax – get your brainwaves in the alpha frequency

Research has found that the ideal state for learning is when the brain is in a relaxed, but aware state known as the alpha state. Certain music types ease the brainwaves into the relaxed state. One form of this music is the largo movements of certain Baroque composers.

### 3. Chew gum to breathe

"Don't forget to breathe," said Mr. Miagi from Karate Kid. Breathing is automatic, but when we are anxious or stressed out, for example in a test situation, we tend to hold our breath. That lowers the amount of oxygen sent to our brains.

### 4. Know your internal clock

Find your best study time: Day or night.

### 5. Sleep 7-8 hours a night

Sleeping after studying helps to strengthen the memory process.

### 6. Set goals/schedule enough study time to meet them

Study until you finish a certain chapter or until you feel prepared for the exam, project, or assignment. Reward yourself when you finish: movie, pizza, dancing.

### 7. Don't study longer than you can concentrate

Know your concentration span. Take a short break for a moment or two. Stand up. Stretch. Water breaks only.

### 8. Study in the same place all the time

There is such a thing as cell memory. Teach your cells that your desk, or wherever you choose, is a place to study and only to study. It's not a place for eating, recreation, other work or anything else – JUST STUDYING.

### 9. Review – 7x in 10 days

Quickly review your notes right after class. Each time you repeat the same physical action, or review the same study material, there are chemical changes that take place at the synapses between your brain cells, making it easier for the signal to go through the next time you repeat that thought or action.

### 10. Spend part of your study time studying with someone

Study first separately, then ask questions or discuss points. Don't socialize. Take responsibility for your own assignment. We retain 70% of what we discuss and 95% of what we teach.