1. **Break** your study sessions into blocks
   - No one is a superhuman – everyone needs a break! A good idea is to break your study sessions into 1 – 1.5 hours of study time with 10 – 15 minutes of break in between study sessions.

2. **Plan** what you will study/review
   - Since your study sessions are divided into blocks, plan beforehand what course material you want to go over during each block of your study time.
   - Keep a checklist of what you completed during each session, and what’s still left to do.

3. **Study Time**
   - Ask yourself questions while you study – this will help you retain more info.
   - Try to handwrite your notes while studying, it is slower than typing and will allow more time for processing the info you are writing.

4. **Review** important points after your sessions
   - Review the material you studied for 10 – 20 minutes – you don’t want to forget what you studied so hard for!
   - Summarize notes into bullet points – you can then use these to study later on or even during a commute.

5. **Reinforce** learning through repetition
   - Review your summarized notes daily prior to your test – this will ensure you will remember all the material.
   - **Tip:** Summarize points on flashcards and carry them with you.

6. **Take care** of yourself
   - Make sure you spend some time on yourself – even if it’s just 15 minutes.
   - Some quick snacks between study sessions are great to keep you focused and energized!