

# FCS Academic Support Centre

## 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

General Study Tips & Tricks!

## 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!

