

To accomplish my goals at Carolina I need to...

Stay focused while studying and doing homework.

TIPS:

Find Your Study Spot

- Study in the same place. Find your study spot on campus and consistently study in your spot.
- Do not study in your bedroom or residence hall room.

Eliminate Distractions

- Turn your cell phone off when it is time to start studying.
- Remove all distractions (if you are working on a laptop, close Facebook, IM, web browsers, etc.)

Set Goals

- Make a list of the things you want to accomplish during your study session.
- Prioritize your study session. Decide the order in which you will study the material.
- During your study/homework session make a list of questions. Write down all of the concepts or ideas that you do not totally get so that you can follow-up with a tutor, the instructor, or TA.

Get Comfortable, But Not Too Comfortable

- Do not study on your bed. Do not study in your pajamas or very comfy clothes. These things send a message to your brain that it is time to relax not study. Dress for studying like you would dress to go to class.
- Get yourself a drink and a small snack before you sit down so you don't have to stop during your study session.
- After an hour of working, take a 5-10 minute break to stretch and walk around. Keep the break under 10 minutes. Do not go on the internet, look at your phone, or turn on the t.v. during your break. Just stretch and walk.

Feeling antsy? Can't stop tapping your pen or moving your legs?

- It can be difficult to sit still when you have a lot on your mind. You don't have to sit to study. Stand up and use a bookshelf for your study materials.
- Use a pen to write and underline words while you read. Just this movement can be helpful. Use diagrams and pictures to map out the ideas and concepts.
- Still can't sit still? Bounce a tennis ball while you go over material or hold a rubber band. Wrap the rubber band around your pen and then unwind it while you study.

Think you've got the material?

- Make yourself a quiz and then take it.
- If you think you understand a concept, try explaining it to someone else out loud or pretend you have to teach it to the class. Without looking at your notes, how would you describe it?