# FCS Academic Support Centre

## 1. **Break** your study sessions into blocks

•No one is a superhuman

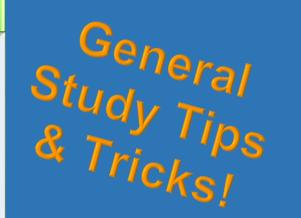
— everyone needs a
break! A good idea is to
break your study
sessions into 1 − 1.5
hours of study time with
10 − 15 minutes of break
in between study
sessions

## **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





## 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!

