

**Habits that enable you to be a more successful student**

* **Get Organised.** Planning for what you're going to do and when you're going to do it will make sure you're always ahead.
* **Do not multitask**
* **Divide it up.** Dividing your work into manageable chunks and rewarding yourself when you finish each chunk will make studying more fun.
* **Sleep.** Do not underestimate the importance of sleep. Getting a good night's rest will sharpen your focus and improve your working memory.
* **Set a schedule.** Do you work better right after you have woken up or after you have eaten dinner? Are you more productive in 90-minute blocks or half-hour spurts? Find a schedule that works for you and stick to it.
* **Take notes.** Taking notes will not only keep you more engaged during class but will also help you narrow down what you need to study when exam time rolls around. It is much easier to reread your notes than to reread your entire textbook!
* **Manage your study space.** Find a place that will maximize your productivity. Look for places away from the television and other distractions. Whether it is the library or just the desk in your bedroom, set aside a study space that you'll want to spend time in.
* **Find a study group.** Sitting down with a group of people who are learning the same things as you are a great way to go over confusing class material or prepare for a big test. You can quiz each other, reteach material, and make sure that everyone is on the same page. After all, teaching someone else is the best way to learn.
* **Ask questions.** You are in university to learn, so don't be afraid to do just that! Asking for help - from a teacher, a tutor, or your friends - is a great way to make sure you truly understand the material.