

Simple Tips for Improving Study Habits

Break it Up

Our brains can only handle so much information at a time. Teachers spend weeks on a topic before testing students, but often students only study the night before the exam. Why

students t right.
They know the st
so much in just one evening. So it should seem
funny that so many students try to learn
everything they need to know the night before a
test.

We know from research that students learn better when they break up the information and learn it in smaller bits. Instead of spending a marathon session the night before the exam, students will learn a lot more by breaking down what they need to know into smaller, organized, manageable chunks and studying a little bit on a number of occasions. Studying can be broken up into 15 minutes in the morning, 10 minutes before practice and 10 minutes before bed. By doing this, students force themselves to recall