



7 WAYS YOU CAN STUDY SMARTER

At some point in your life, you must have come across the phrase, ‘*Study smarter not harder*’. The phrase may be a little clichéd, but it still holds as true today as ever. Here are a few quick tips on how you can make your studying habits more efficient, so you can work more smart and somewhat less hard.

1. **Well-defined study objectives:** Define your study objectives. Set out your long term study goals (goals you wish to achieve over a semester or a year) and your short term study goals (your daily or weekly study plan). For the latter, you can develop a daily timetable as well as maintain a checklist for your weekly goals. You can use the android application, **Timetable**, to create a schedule. The app also automatically puts your phone on silent during class time!
2. **Good ambience:** Create a good study environment at home. If you like, you can put up soft music in the background or have a light fragrance wafting through the room. Avoid lying on a bed while studying; instead, try to sit up straight on a chair or on the floor. Designate a space for study, and keep it organized as disorganization can affect your mind negatively. If you prefer studying on campus, you can utilize campus study spaces such as the EHSAS Center or the Yohsin Hall for quiet study. For group study sessions, you can book a room in the library or the EHSAS Centre.
3. **Spaced practice:** Instead of trying to cram all the information at once, try to leave time between study sessions. According to cognitive psychology, reviewing study material in chunks over a vast period of time has proven to be far more effective than studying all the material at once, even if you spend the same amount of time on both methods of study. Try to do your course readings on time and review study material throughout the semester instead of trying to cram it all before a test or assignment.
4. **Regular Revision:** Revise material regularly. Test yourself or have a friend test you every few weeks. This will help alleviate the nervousness that comes with a formal test.

5. Getting started: Sometimes if you are procrastinating, just try getting started. When you are afraid of an assignment, your body senses danger, and triggers the fight and flight mechanism. Since you cannot fight the assignment, your body chooses to take flight and you just avoid doing the task for as long as possible. Tell yourself you will work for just 15 minutes. Often what happens is your brain stops signaling danger and it becomes easier for you to continue working.

6. Taking care of yourself: Take care of your body's needs. Make sure you are eating right and on time, exercising regularly, sleeping properly and spending time with people you love. If you feel like you do not have enough time, try to cut down on the time you spend on social media or watching TV. Do not forget to take short breaks while you are studying. Energize yourself by walking a little, eating something, listening to some music or doing a few yoga stretches.

7. Utilizing resources: If you are struggling, do not be afraid to ask for help. Take help from the peer tutors in the EHSAS center, visit your professor during their office hours, go to the Writing Center if you need help with a writing assignment, organize open-to-all reading circles in EHSAS, hold group study sessions with friends or ask a classmate for help. If you prefer working by yourself, give yourself more alone time. If you work better in a team, find study partners who are willing to work with you. If you are struggling with low motivation levels, perfectionist tendencies, depressive episodes or any such issues that hinder academic success, visit the campus counsellor, sit in a Wellness Centre session or attend a self-improvement workshop in EHSAS.

References

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