

Study Helps You Won't Forget for Students

1. **Study When Sleepy**- Read your review for your test right before bedtime. During Sleep, the brain strengthens new memories. There is a chance you might remember what you reviewed.
2. **Move Around**- Research suggest learning the same stuff in a different place make it less likely for you to forget.
3. **Black or Blue**- You're more likely to remember something that you wrote in blue ink than black ink.
4. **Stimulate Your Brain**- Peppermint stimulates the brain and helps with concentration.
5. **Be the Teacher**- While studying for a certain subject, pretend that you will have to teach the material it helps you pay more attention.
6. **Say It Out Loud**- Reading information out loud helps you store it mentally in two ways: Seeing it and Hearing it.
7. **Omegas "A Little Fishy"**- Studies Show Omega – 3 Fatty Acids helps boost the brains potential. Found in certain fish, nuts, and olive oils. Plus, studies show it can reduce test anxiety.
8. **Space It Out**- Studying hard for 30-50 minutes at a time with 10 minute breaks in between is the most effective way to study. Space Repetition (breaking things into small chunks over time). Learn a few rows every day and reviewing them close to a test is even better.
9. **Eat Up**- Eating chocolate while studying will help the brain retain information easily.
10. **Write It Out**- Writing something out is the equivalent to reading it 7 times.
11. **Come Together with Others**- Pick a few studious pals and get together every few days to review the study materials. Put one person in charge of giving each person a task.
12. **Exercise**- Try to get 30 minutes of aerobic exercise to stimulate the brains processing speed.
13. **Take a Deep Breath**- Try some Aromatherapy. Take a whiff of Rosemary or Lavender to calm down the nerves.
14. **Learn to Dance**- Give your study notes a soundtrack and dance to the beat.
Plus, music can also help relieve the stress.
15. **Find Your Zone**- Learn your good study times, places, and ways. Experiment to find what's most effective for you and continue doing that pattern.



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