

Quick notes for Exam Study Expert's guide to studying

- There is no one-fits-all guide to studying, know what works best for you.
- Stop procrastinating! Set up a schedule and follow it
- You need to maximize three things:
 - Study time: the hours you carve out to study
 - Energy: the fuel in the tank – so no falling asleep at your desk
 - Attention: keeping you focused, mind on the job, not distracted
- If you work too long, your productivity will drop.
- Find your place to study – Recommend finding a place that is like the exam room so you become comfortable in this type of space.
- When creating a schedule for studying, include all essential items, including eating, showering, sleeping, and relaxing. Keep in mind that circumstances change and you need to provide flexibility as well.
- It will be hard to keep a schedule at the beginning, but then it will become your routine. Keep with it!
- Take breaks! This keeps your energy up and your mind ready to absorb information
 - Mini-breaks: About 5-10 minutes every hour (walk around, get water)
 - Around meals – take a short walk or a break to decompress before getting back to work
 - Leisure time: longer stretches of guilt-free time for socializing or whatever allows you to relax. Yes, this can even mean videogames. Just make sure you keep to whatever schedule you planned. Too little or too much of this can both derail your progress.
- Sleep! This is where your brain stores everything you studied. If you don't do this, you won't remember anything and your brain won't be able to function.
- Let yourself wind down before going to sleep. 45min to 2 hours before bedtime you should not be studying. Also, avoid screens. This allows your body and mind to get ready for effective sleep.
- Watch caffeine levels. Too close to bed time will make sleeping difficult.
- Meditate – I know this might sound silly, but it has been scientifically proven to help with managing stress and boosting focus. Plenty of apps. Headspace is awesome.
- Turn your phone off while working – Disconnecting allows you to fully focus without pulling your attention away with all of the notifications and texts constantly dinging.
- Eat healthy – Fuel your brain and body so they can work together to support your studying
- Get exercise – Relieve stress and optimizes brain function. A short walk can do wonders.

Top 10 Tips For A Killer Study Routine

Hacks to get more work done, in less time



Be **strategic about where** you study.



Find a rhythm that works for you and stick with it, **so it becomes automatic.**



Eliminate distractions for **intense focus**: start by switching the phone off and kept out of sight.



Try **batching chores** like laundry and email – do more, less often, and save time.



Or **stack other activities** on top of each other, e.g. turn an essential shopping run into a longer break from work.



Schedule **guilt-free downtime** each week to recharge your batteries.



Think about **the fuel** you're putting in to your body - meals, snacks, how you use caffeine.



Get **plenty of sleep each night.**



Take **breaks throughout the day**: at least 10 minutes per hour for most tasks.



Look after your mind and body by **getting some exercise**, and consider meditating to boost your focus and concentration further.

ExamStudyExpert.com/study-routine



EXAM STUDY
EXPERT