
Make your Study Time more Effective

How to Make your Study Time Effective

The amount of study required at college can seem overwhelming, particularly during exam periods. It is important to make the most of the study time you have to maximize the results from the effort you put in. The great thing is that good study habits are habits that can stick with you and be helpful for life. Here are some of the top tips in making your study time effective. Hopefully these tips can help you study smarter rather than harder.

Have a Study Plan

Take the time to plan your work. Decide how much time you will set aside for study, what tasks you will complete in this time and the order in which you will complete the tasks. When creating your study plan think about the times when you are most productive. If you find it easiest to study in the morning but hard to concentrate at night, schedule as much of your study for the mornings as possible. It is vital that you be realistic when completing your plan, otherwise it will be worthless. Once you have a realistic plan do whatever you can to stick to it. It can be difficult with all the distractions that come with college life but if you do exercise the self discipline required to stick to your plan you will see the results.

Avoid Procrastination

Procrastination is the single biggest threat to productive and effective study time. When you feel daunted by a task, try to break it into smaller, more manageable chunks and tackle those small chunks one at a time. Think less about what you need to do to complete a project and more about what you can do to get started on a project. Another great strategy is to do the tasks that you enjoy the least first. If you leave them to the very end of your study session, it is simply too easy to put them off to another day.

Block Out All Distractions

During your study time you need to commit to making study your priority for that short period of time. This means blocking out all physical and mental distractions. Always study in an environment that you are comfortable in. You probably already know which sort of environment you are the most productive in so try to recreate that environment where you choose to study. If you have other thoughts on your mind, write them down on a piece of paper before you start studying so you can clear your head of them.

Take Regular Breaks

It might seem tempting to work for hours on end when the exams start drawing close but you are actually doing yourself a disservice. Retention of information is best when your mind is fresh, so take short breaks regularly and remove yourself from studying so you can come back refreshed and ready to absorb more information.

Know the Course Content

Be sure that you are studying the most relevant information. It is important to ask lots of questions of your lecturers and tutors to make sure that you are expending your energy wisely on the content that really matters.

By following these easy study tips you are bound to find your study time much more effective. Learning how to study smart is well worth the effort.