



Week 1: TIPS FOR STUDYING

- **SOURCE YOUR STUDY MATERIAL**
 - Use Flash Cards For Notes And Formulae
 - On-Line Resources Can Be Used To Aid In Learning And Understanding Of Material

- **CREATE A STUDY FRIENDLY ZONE**
 - A Quiet Clutter Free Space
 - Good Lighting
 - Classical Music Can Be Used For Retention
 - Healthy Food/Snacks To Aid In Concentration (Apples, Blueberries, Peppermint Tea)
 - Mentally prepare yourself for study by clearing your mind with the use of “Mindfulness Meditation” details can be found here:
<https://www.mindful.org/mindfulness-how-to-do-it/>

- **CREATE A STUDY TIMETABLE**
 - Schedule more time for more difficult topics/areas
 - Provide a contingency plan in case you miss a study period
 - Create study group schedule apart from personal study timetable (if using group study)

