



Keep a routine.

Studying at the same time each day makes it easier to be consistent. Experiment with what time works best and then build it into your day, setting reminders on your phone so you don't forget.



Create a dedicated study space.

Choose an area free of distractions where you can keep your study materials ready to go. Having a dedicated space can help your brain more quickly shift into "study mode."



Study in short, focused sessions.

Many people learn best in short study sessions spaced out over time rather than one long marathon session. Try working for 25-45 minutes and then take a brief break.



Set clear, doable goals.

Before you begin, decide on exactly what you'd like to accomplish for that session. Break big tasks into small parts to keep things manageable. For example, if you have to write a paper, use one session to find sources, another to write an outline, another to draft your introduction, and so on.



Quiz yourself frequently.

Instead of just rereading your notes, check to see if you've actually understood. To do this, use flashcards for key facts, summarize a chapter in a few sentences, or pretend you're teaching someone else.



Move your body during breaks.

When you take a study break, try stretching, walking, or getting some fresh air. Even a few minutes of movement can help reset your attention and improve focus when you return to studying.