

4 Good study habits

You can try today

“Take short, regular breaks. Your brain can only focus for about 45 minutes at a time.”

Do you study hard, but still find that the knowledge is not always going in?

If you want to make the most of your study time, the answer is not always, “study more and study harder” (although studying enough and studying hard is always a good idea!). Sometimes the way we approach studying can also make a difference.

Here are some ideas:

Get enough sleep. Studying late into the night might seem like a good idea, but it means when you actually have to write that test, you are tired and your memory doesn't work so well. Set a bedtime and stick to it, so you can get enough rest to be at your best.

Block out distractions. Do whatever you need to focus, whether it means finding a quiet place to work or listening to music (but make sure it's not music that distracts you more!).




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Figure out your study style. Do you need to study with other people to help motivate you, or are you best working on your own with no distractions? Plan your study sessions so they fit with your study style.

It's really useful to find habits that work for you.

Remember! When something is a habit, it means you don't have to remind yourself or force yourself to do it – you just do it because it's part of your life. For other factors which help your brain to work well, check out our article: <https://bwisehealth.com/article/healthy-body-healthy-mind-what-we-eat-affects-our-brain>

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