

# STUDY TIPS!

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## MANAGEABLE CHUNKS

Check your mental framework - set realistic expectations for the time available. Make sure to Break down assignments into manageable chunks, so there's no stress about completing the task at hand. Then keep your focus on that one task at hand.

## BREAK TIME!

Take a break every 30 -40 min, and get out of your head and into your body: walk around the lake, go to the gym, meditate, call a friend, but do not look at a screen or read anything

## POSITIVE THINKING

Be kind to yourself. Those negative thoughts are stopping you from moving forward. When you are kind, you're more likely to follow through

## TALK IT OUT

Talk through complex ideas with a friend, professor, or even just to yourself. Talking through ideas will often stimulate the thoughts and new ideas you are looking for.

## EAT HEALTHY

Eat healthy food – avoid sugar and stimulants; both can cause a crash. If you're munchy, get some nuts, berries or other healthy brain foods.

## KEEP MOTIVATED

If you're motivation is low, visualize an A+ at the top of the returned test sheet – ensure to "feel" what it feels like to get the grade you'd like. Do the same with your understanding – imagine you're knowing the answer to every question – and just watch your motivation change.

**GOOD LUCK AND HAVE A  
WONDERFUL WINTER  
BREAK!!**

Special thanks to Mr. Mancastroppa for the study tips!