

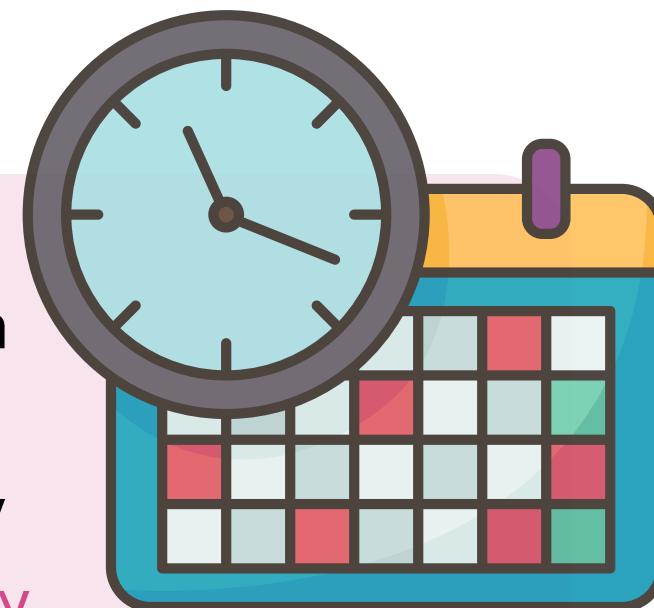
# GUIDELINES FOR STRENGTHENING YOUR STUDY HABITS



01

## SET ROUTINES

Try to always study at the same time every day, even if you don't have exams or homework, check your **timetable**, analyse what is **important or urgent** every day and **after studying** carry out an **activity you enjoy**.



02

## REST

For your body and mind to work well, it is important to sleep for **8 or 9 hours every night**. When you're **studying** it is also recommended that you should take **short breaks**.



03

## AVOID DISTRACTIONS

When you're studying, it's best to minimise potential distractions such as email and **mobile phone** notifications, or the sound of television.



04

## TRY OUT DIFFERENT STUDY TECHNIQUES

Many techniques can improve how you learn: **Diagrams, summaries, drawings, listening to audio or watching videos etc.** Find those that help you the most according to the subject and your preferences.



05

## TAKE CARE OF YOUR STUDY SPACE

It is better to study in a **quiet, comfortable, tidy, and well-lit place** where you feel at ease.

