

# Study Smart

guide

It's important to learn how to study effectively at university. By revising efficiently, you can attain the best grades possible and balance your time with extra curricular commitments.

Detailed below is some helpful strategies and tips to help you 'study smart'.

## 6 ways to revise effectively:

Whether you have your revision style covered or you don't know where to start, you can always improve, right?



### 1. Get organised - use a study plan

- Prioritise harder tasks
- Decide on the length of your study and breaks
- Include other activities for the week

### 2. Create the right conditions

- Choose somewhere based on the volume level e.g. a quiet library or a busy cafe
- Remove all distractions - phone, social media, chatty friends



### 3. Organise - know what to study

- You should manage your notes by subject, date and time
- Gather all reading material, lectures and tutorial work for each class

### 4. Positive attitude

- Start on the harder tasks, completing these will keep you motivated
- Reward yourself when you reach an important milestone



### 5. Sleep and take breaks

- Getting the rest you need will help you to retain information better and get the most of of your revision time
- Try to switch off and relax every so often - working too much won't mean you get the best grade - efficiency is key

### 6. Fuel your body

- Give your body the vitamins it needs to perform at it's best
- For example, blueberries are proven to increase short term memory



## Study Techniques



Try these study tips to switch your revision style and make studying more exciting

✓ Associations and metaphors

✓ Teach to others

✓ Diagrams, timelines  
flashcards - see information in a different way

✓ Relate learning outcomes to the revision material

✓ Make up quizzes to test yourself and ask questions

✓ Repetition - go over and over material to improve your memory

## USEFUL RESOURCES :

Exam Support 

Study advice 

Student advice 

Study Tips 