

## **When to Study**

A good rule of thumb is that studying should be carried out only when you are rested, alert and have planned for it. Last minute studying just before class is a waste of time.

## **Where to Study**

The place you choose to study should not be distracting. Tip:

1. Should be quiet and comfortable
2. Keep a waste basket handy
3. Have a consistent place for everything and keep it there so you don't spend valuable time looking for books, notes or other information.

## **Other Tips**

1. Begin studying no less than 30 - 90 minutes after a meal.
2. Never study within 30 minutes of going to sleep.
3. Try not to study for more than 30 - 40 minutes at a stretch.

Take breaks!