

10.1b	Take regular breaks to stay focused and to better retain information (retain information better)
10.1c	Doing practice exams to identify areas where you need to improve
10.1d	Use the <u>Pomodoro technique</u> , <u>study for a short amount of time</u> , <u>take a short break</u> and <u>repeat</u> to be <u>focused</u> and to <u>avoid burnout</u>
10.1e	Teach the material to somebody else to solidify your understanding of the material and identify areas where you need to improve your knowledge.
10.1f	Set realistic and achievable goals, and aim to complete a certain amount of material in a specific amount of time (and reward yourself when you achieve it)
10.1g	Find a study group or study buddy (and collaborate) to make studying enjoyable and solidify your understanding
10.1h	Take care of yourself physically and mentally//get enough sleep, eat a balanced diet, and exercise regularly
10.1i	Keep in mind the end goal (to achieve your academic and career goals) and use that as motivation

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