**STUDY TIPS**

1. Heavy meals with a high-fat content should be avoided prior or during study periods. Fat digests slowly and may result in lethargy. The goal is to be relaxed but lively.
2. A night of restful sleep, or at least a solid but brief power nap before settling down to study allows the brain to be a sponge, absorbing and learning new material with coherency and efficiency.
3. Short, regular 15-minute breaks after every 45 minutes of study time will allow the student to study not just efficiently with an often-rested brain but will also be helpful with the longevity of the studying hours by reducing the discouragement and frustration that usually follow from attempting to study continuously for too long a period of time.
4. Light snacks such as fruit or nuts while studying are not just helpful to stave off hunger, but useful to break the monotony of starring at a book. Dehydration is also easy to occur, so frequent drinks of water, tea, coffee, or any non-sugary beverages are recommended.
5. Distractions such as conversations, television, loud music, etc., should obviously be avoided.





 