Ask Yourself

Do you . . .

➢ Get enough sleep most of the time (7-9 hours/night)?
  *Chronic sleep deprivation (5-6 hrs/night) impacts learning and memory.*

➢ Plan your time to allow for regular review of class/textbook notes?
  *Distributive study improves retention and recall.*

➢ Routinely multitask (in class and/or while reading/studying)?
  *Has a negative impact on learning/concentration/academic performance.*

➢ Study where it’s noisy or otherwise distracting?
  *Impacts reception/retention.*

➢ Over-extend yourself?
  *Can cause stress. Can impact sleep. Not enough time to study.*

➢ Cram before tests?
  *Can impact long-term retention; we remember best the first and last 20 minutes of any study session.*

➢ Use academic resources (tutors, LAs, professors, Learning Specialists, workshops, Writing Center)?
  *Excellent for reinforcement and rehearsal and strategy development.*

➢ Eat foods high in fat and sugar?
  *High-fat meals divert blood away from the brain, leading to drowsiness/decreased mental energy; sugar is a brain-drainer.*

➢ Drink alcohol or use recreational drugs within 5 days of an exam?
  *Impacts memory; learning new information; attention/concentration.*

➢ Over-use caffeinated products (coffee, energy drinks, etc.)?
  *Can increase insomnia, anxiety, headaches, heart rate.*

➢ Make time for relaxation and exercise?
  *Increases serotonin (feel-good neurotransmitter) and reduces cortisol (anxiety hormone).*

➢ Find out what you don’t know/understand BEFORE the test?
  *It’s very sad and anxiety-producing to find out what you don’t know DURING the test.*

➢ Practice the performance?
  *We learn best by asking questions.*