

Study Smarter: Learn it. Lock it in. Level up.

You don't have to study longer—you just have to study smarter. Use these tips to make the most of your time, stay focused, and walk into every test feeling confident.

Take Notes That Work for You

- Use bullet points or symbols to capture key ideas fast.
- Highlight what matters—definitions, formulas, or themes.
- Review your notes within 24 hours.

 **My note-taking tip:** _____

Practice Active Recall

- Quiz yourself instead of rereading.
- Use flashcards or apps.
- Explain ideas to a friend—if you can teach it, you know it.

 **My recall strategy:** _____

Create a Study Guide

- Pull together key points from notes, readings, and practice tests.
- Organize by topic or concept.
- Add visuals like charts, timelines, or diagrams.

 **My study guide hack:** _____


Study Smarter, Not Longer

- Study in 25–45 minute blocks with short breaks.
- Mix up subjects to stay fresh.
- Start early—small, consistent sessions beat last-minute cramming.

 **What helps me focus:** _____

Balance & Recharge

- Sleep, eat well, and stay hydrated.
- Move around and take breaks.
- Reward effort, not perfection.

 **How I recharge:** _____



Download your “Study Smarter” Tips Sheet and make it your own—add your best strategies, test new ones, and find the routine that works for you.