

How to study effectively

ORGANISE YOUR STUDY SPACE

- Always use the **same study area**.
- Keep **only the essentials around** you, such as books and notes.
- If you are easily disturbed by noise, isolate your study space.

FOCUS ON YOURSELF

- Identify the **study method** that works better for you.
- Acknowledge your **personal responsibility** towards your academic obligations.
- **Speak positively to yourself**: "I can do it." Recognize the effort you have made so far, identify past successes and your strengths.
- **Dedicate time to you**. Include other activities in your schedule that you enjoy.

LEARN TO PRIORITIZE

- Write down all **important dates and deadlines** (for submission of projects, tests, workshops).
- **Prioritize your academic responsibilities** according to the load and the level of difficulty of each course.

ORGANISE YOUR STUDY TIME

Make a plan:

- **Short-term plan** (daily activities): Study your notes and lectures daily.
- **Medium-term plan** (weekly planning): Attend all weekly lectures.
- **Long-term plan** (per semester): Organize and plan the time you need to prepare for your academic obligations, such as projects, workshops and exams.

Strategies for more effective studying

Insert everything you learn on a **diagram**.

Summarize each chapter. Emphasize the connections between chapters.

Identify and write down the **important words** of each sentence and paragraph.

Group information into **categories**.

Create **keywords** to better remember what you're reading.

Use markers, highlighters, to underline or circle the **important points**.

Organise meetings with your peers and **study together**.

Read aloud. Listening to yourself helps you learn and memorize.

Set yourself **exam style questions** and answer them.

Maintain a **positive attitude** towards studying and exams. Instead of telling yourself "I won't make it", tell yourself "I have enough time to cover the course material".

If you would like to speak with a specialist or you need help with your studying methods, you can contact Frederick University's Counselling Centre.

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