

Study Strategies:

1. Change stimulation levels of your environment to fit your needs

- Changing your level of sensory input during a study session can make your studying more effective.

Examples:

- Instead of taking notes using a pencil, Incorporate different colored inks or highlighters instead.
- If you have headphones, play music or white noise while you study to eliminate any outside sounds that could be distracting
- If you have a fidget or something to use while you are studying
- Try dimming the lights where you study

Use any of these strategies, plus anymore that you can come up with yourself, and you should see an improvement in your studying and information retention.

2. Study in the same place as often as you can

Where you study is just as important as how you study.

- If you want to make your studying more effective, try to do it outside of your dorm room as much as you can. Being in your dorm can lead to easier distractions, but somewhere like the library or a vacant classroom won't have those same problems.
- Once you find a spot that works for you, make it a habit to study there instead of anywhere else.

Soon enough, you will start to associate that space with studying, and will be able to be more productive

3. Break studying into smaller tasks

Part of what can make getting any task done is that it might seem like too much work to do at one time

- This can be alleviated by breaking down your tasks into smaller pieces and being very specific about what you are trying to get done in each timeframe

Instead of saying, “I am going to study for 3 hours,” instead figure out what chapters, subjects, or sections you are going to be studying for those 3 hours, broken down into 15 – 20-minute blocks of time for each separate subject.

4. **Create “Buffer Time”**

- Set aside some time each day as “Buffer Time.” This time can be used however you want to or need to for that day.

For example: If you have an upcoming exam or quiz, that buffer time can be used to study. If you have a lot of laundry to do, that buffer time can be used to do that. If you don’t have any extra tasks, take that buffer time to relax, as relaxation is important to prevent burnout.

5. **Take Frequent Breaks**

- The Pomodoro Method of studying can help to break up work sessions into bite-sized, tolerable chunks.

The concept behind the Pomodoro Method is to work for 20 minutes, then take a break for 10 minutes. These times can be adjusted depending on your preference, but we recommend you stay close to the 2:1 ratio of active work to break time.

References:

Bishop, P. (n.d.). *Top study tips for neurodivergent college students*. Inattentive ADHD Coalition. <https://www.iadhd.org/blog/neurodivergent-college-student>