



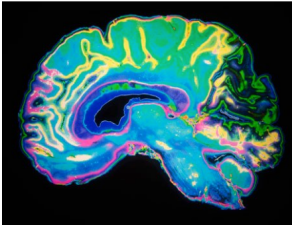
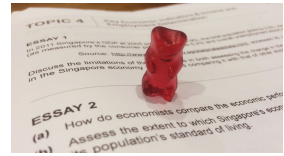
STRATEGIC STUDY TOOLS

... developing the right tools for the job



Seriously Have Fun

Find a way to study that is fun for you. Positive emotions increase your learning potential! Yum!



Brain research shows that superior learning takes place when classroom experiences are motivating and engaging. Positive motivation impacts brain metabolism, conduction of nerve impulses through the memory areas, and the release of neurotransmitters that increase executive function and attention.

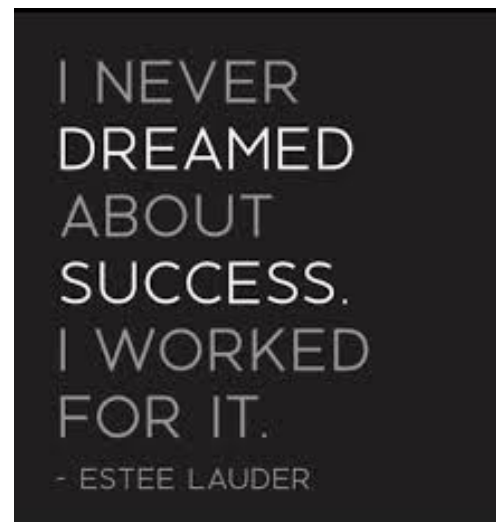
Spruce up your Space!

When you are feeling positive about your study time, your brain releases chemicals that assist in your learning and remembering!



Try to create a fun and motivating space; place knick knacks or a bonsai plant or posters or quotes that inspire you around your desk. Include some

tactile thinking aids. For example, fidget toys, some putty/clay, or even just a pen to click. These are great because they give your hands something to do when working on a tough problem, helping you engage your brain in other areas.



Treat yourself!

Keep snacks close. Get together some snacks to nibble on as you study. Allowing yourself a little nibble every now and then helps the study time to pass. more positively.

Also, it is effective if you use snacks as a form of treat for yourself every time you complete a part of the work.

Goodbye paragraph 4, hello Gummi Bear! :)

