

STUDY TIPS

Manage your time &
get organised!



UNIVERSITY OF
LIMERICK
OLLSCOIL LUIMNIGH

Peer-Supported
Learning Centre

TIME

Spacing studying out to intervals instead of large blocks of time

Make time visible - wear a watch, set timers, block time off on a calendar

Prioritise tasks

Create a daily schedule

Do the simplest tasks first

Take Breaks!

Use a time-tracking tool



My Study Life

Focus-To-Do





ORGANISATION



Set specific, measurable & realistic goals

Keep a detailed calendar/schedule of due dates and planned study

Use proper labels

Create folders


Accountability - Study Buddy or Group

Keep a clean environment

Track progress

To-Do/Check List

Write everything down!



MUSIC

Studying to music can:



**Aids
Memory
Recall**



**Improves
Focus**



**Increases
Motivation**

Best genres:

- 
- Classical
 - Instrumental
 - Video Game
 - Lo-Fi



**Check out
Spotify for
playlists!**

