

Study Tips: A Recipe for Success



In keeping yourself motivated to finish your homework and assignments, EduKitchen recommends you plan your subject study schedule with the following tips in mind.

Tip #1: Establish a Routine

Start with the subject you find easiest to understand and then move down the list of subjects you enjoy until you have reached your least favorite. This is usually the subject you find will require more of your time and patience.



Why start with easiest subject?

This helps to maintain your level of enthusiasm and confidence with learning because the subject you find easiest is the subject you like the most!



Tip #2: Take Mini-breaks

Once you finish with a subject, take a mini-break. This helps build back your energy to tackle more subjects.

What should you do on a mini-break?

The best mini break activities re-energize the brain and body. Get up and move around a little, go to the kitchen for a healthy snack, talk to a friend, or dance to your favorite song.



Tip #3: Know When To Stop Studying

Set a cut-off time to close the books and go to sleep. If you find you that you have too much to do, leave it until early the next morning.

