

# HOW TO

## Study Efficiently

- Find a place that you know you will be able to study. Whether it be your bedroom, a study room, an outdoor table, etc. Once you have found the location, create an environment that works for you, such as playing music or using essential oils.
- Create a strict time frame for studying, and ensure you build in breaks. If you start to get tired and lose focus, take a break so you don't miss anything important.
- Space out your studying and avoid studying for long periods of time. Build in time for you to reflect upon what you have learned.
- Take thorough notes that leave room for you to add information during lectures. There are many different note taking methods, such as Cornell, Outlining, Mapping, etc.. So find a method that works for you and perfect it.
- Find ways to quiz yourself on the material you are studying. Flashcards are an excellent way for you to test your knowledge.
- Top Study Spots on the Boca Raton Campus:
  - Get Wise
  - Library
  - Engineering East
  - Parliament Hall Study Rooms
  - Atlantic Park Towers Study Rooms
  - Indian River Towers Second Floor Common Area

