These are general study tips...
- Take notes
- Sleep
- Exercise
- Take breaks
- Eat healthy food

...and each of these is a more specific adaptation.
- Pretend to take notes for someone else
- Test yourself
- Eat oily fish
- Sleep within 12 hours of studying
- Study just before going to bed
- Study in different locations
- Read the information out loud

This table tells you what type of student you are.

<table>
<thead>
<tr>
<th>Learning style</th>
<th>Characteristics</th>
<th>Specific tips</th>
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</thead>
</table>
| TACTILE LEARNER | Learns by touching and doing. Often speaks with their hands and may have difficulty sitting still. | Can easily remember things that were done, but may have difficulty remembering things they heard or saw. Can remember images and spatial information. Can easily remember things that were done, but may have difficulty remembering things they heard or saw. Can easily remember things that were done, but may have difficulty remembering things they heard or saw. | Chew gum  
Do hands-on activities whilst studying  
Draw |
| AUDITORY LEARNER | Stores information by the way it sounds. Often hums or talks to themselves when bored. | Understands spoken instructions better than written. Often learns by reading the material out loud. | Record yourself  
Songs/rhymes  
Repeat  
Acronyms  
Read out loud  
Study with others  
Draw pictures  
Avoid distractions while studying  
Colour code things  
Visualize things you see or hear |
| VISUAL LEARNER | Learns by reading or seeing pictures | Often closes eyes to remember things. | Read the information out loud  
Study in different locations  
Study just before going to bed  
Sleep within 12 hours of studying  
Eat healthy food |

A mnemonic is a learning technique that translates information into a form that the brain can remember better than the original form.

You can make a mnemonic in many different ways. For example, creating a sentence with the same starting letters as the thing you want to remember (Please Excuse My Dear Aunt Sally).

It is recommended you get around 8 hours of sleep each night.

On top of that, losing one night’s sleep can impair your reasoning and brain functioning for up to four days.

How do you feel?
You saw what type of learner you might be and received specific tips you can use to enhance your memory. What do you think?
What's everyone else like?

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<th>Tactile</th>
<th>Auditory</th>
<th>Visual</th>
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<td>30</td>
<td>40</td>
<td>20</td>
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Making your plan

- Plan study sessions at those times you’re usually most active
- When bored, take a quick break or study a different subject
- Study in different locations
- Avoid studying when you’re tired
- Set realistic goals
- Limit your caffeine intake
- Eat plenty of fruit and vegetables

The benefits of starting now

- Takes time to change habits
- Applicable to many aspects of life, not just university
- Trains your brain
- Learn new skills more easily

What targets should you aim for?

- Study for 30 minutes every day
- Sleep well
- Find an interesting subject to learn to keep your brain active

Brief advice about studying