1> Study In Short periods. Study 20 times for 30 minutes each. Cramming does not work for most folks!

2> Set up Specific Times to study each day. Study at the same time and place each day. You are training your brain.

3> Use Flash Cards. This is an excellent Reinforcement Exercise. You can have them with you at all times and study whenever and wherever you want.

4> Set a goal for what to study at each session. Be specific. Even if you have more than one thing to study during your study session. Allot time for each subject during your study time.

5> Study as though you are going to teach the subject. Your brain will naturally organize the information in a way that makes sense. Keep it simple. If you can explain it in simple terms, you know the information.

6> Practice, Practice, Practice. The more you go over the information, the better you will know it. Make up a practice test.

7> Have a Designated place to study. This is a sacred place for your quite study time. Make sure you have all the things you need to study with there.

8> No music. You can jam after you study. Music distracts your brain from focusing on the task at hand.

9> Put your phone away. You can get and give the 411 after you study. You want your study time to be focused on getting the information you need to get a great grade on your test.