

Last-Minute Studying Tips

Although last minute cramming is not recommended, you may find yourself in this situation. Try using these tips to optimize your studying and preserve your health and sanity.

Prioritize What You Need to Do

Identify what has been the MOST helpful for you in studying thus far for this class (given your learning needs and your professor's test-writing style).

Focus on big ideas since detailed facts are not as well stored in your short-term memory (Brown, 2017).

For long-term retention, make sure to go back and study the material after the exam!



Minimize Distractions

Have only what you need to study around you (textbooks, notes, laptop).

Put your phone away and turn off notifications on all of your mobile devices.

Find a quiet place to study where you know others will not disturb you.

Study by yourself to maximize concentration or study with friends by quizzing each other to better understand difficult concepts.

Take breaks while studying. Try studying for 50 minutes with complete focus, followed by a 10-minute break.



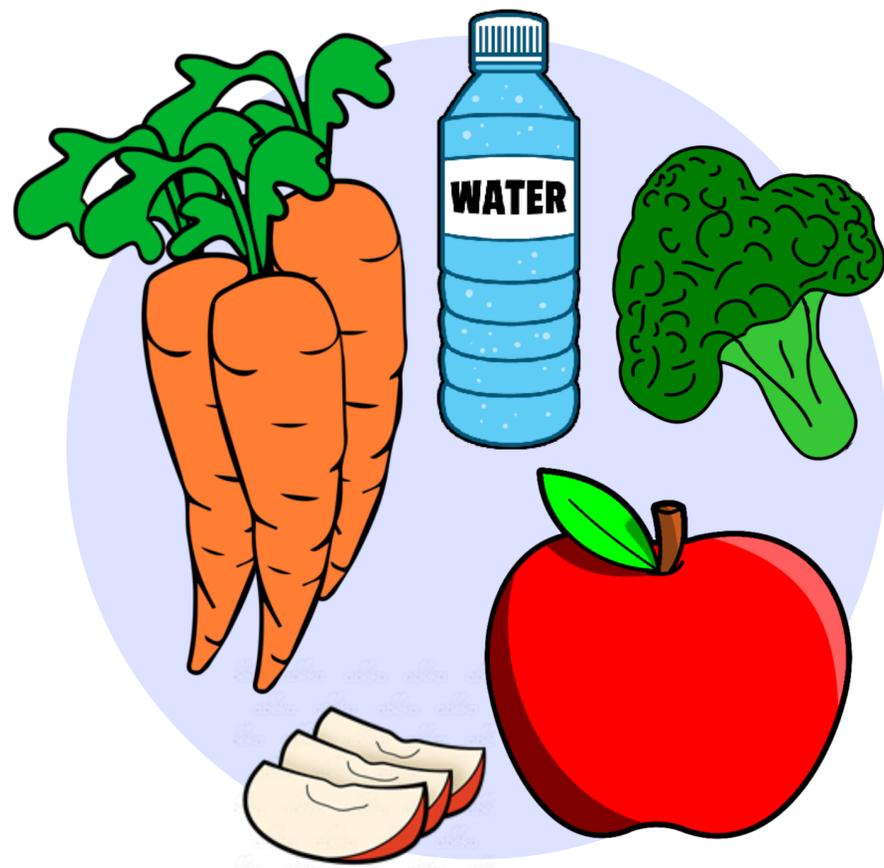
Eat Well

Drink caffeine in moderation to help you stay focused and awake while studying. Too much caffeine can lead to low energy, headaches, and irritability.

Eat healthy snacks to keep your energy levels up.

Eat crunchy foods like apples and carrots to keep yourself alert and maintain your attention.

Drink plenty of water to keep yourself hydrated and to balance out the caffeinated drinks.



The morning of the exam, **eat a healthy breakfast** full of protein-rich foods to keep yourself alert and focused.

No Matter What, Get Some Rest!



Sleep deprivation decreases your ability to focus and concentrate and negatively impacts memory recall. It is crucial to get adequate sleep the night before an exam to retain the material (Brown, 2017).

Get some rest. Once you find that you are re-reading sentences and struggling to stay awake, you are not retaining any information. It's much more effective to sleep for a few hours then continue studying.

Make sure to get a good night's sleep after your exam and return to your regular sleep schedule to stay healthy.

Citation: Brown, D. (2017). An evidence-based analysis of learning practices: the need for pharmacy students to employ more effective study strategies. *Currents in Pharmacy Teaching and Learning*, 9(2), 163-170.