



THE RIGHT STUDY CONDITIONS

“Once capacity is surpassed, additional information becomes noise and results in a decrease in information processing and decision quality”
Joseph Ruff

Where to study?

- Somewhere with a bit of background noise, but not too much.
- Somewhere comfortable but not where you could fall asleep.
- Somewhere without lots of visual and auditory distractions.
- Good study spots:
 - Library
 - Coffee shop
 - Your desk
 - Tutoring center
 - Park
 - Classmate's house/apartment

What to listen to while studying?

- The music you listen to while studying can have a big impact on your learning and retention.
- Listen to music that doesn't take too much brain power to listen to and isn't too distracting.
- Some popular studying genres are
 - Classical
 - Jazz
 - Movie scores
 - Video game scores
 - World music (music from other cultures)
 - Nature sounds

How long to study?

- One method suggests working for 52 minutes and then taking a 17 minute break, then repeating until you're done.
- Another suggests working for 25 minutes and then taking a 5 minute break. Do this 4 times, and then take a 15 minute break.

What should you eat while studying?

- Nuts
- Berries
- Milk
- Bananas
- Chocolate
- Yogurt
- Apples
- Avocados
- Avoid energy drinks, processed food, heavy starches