

STUDY SKILLS

<https://www.clackamas.edu/academics/academic-support/tutoring-services>

Create an Effective Study Environment

- Avoid persistent loud noise.
- Avoid environments that are too hot or too cold.

Make it easy to concentrate

- Do one thing at a time.
- Arrange your workspace so your eyes are not drawn to other jobs that need to be done.
- Study for shorter periods of time and take short breaks.
- Reduce your emotional distress because it reduces your ability to concentrate.
- Understand that drugs (alcohol, caffeine, nicotine, sleeping or diet pills) alter your ability to concentrate.