

## Avoid these 7 study mistakes this fall



### **3. I didn't take the time to consider my optimal study conditions.**

I will never, ever forget studying for my first physics exam. It was midnight, I was with a friend who was not in that class, and we took an inordinately long break to eat Chipotle and watch Rick and Morty.

In short, I was a hot mess.

After much trial and error, I know that I study best with someone else in my class or alone. For me, it's important to get up, get into the gym, get some coffee and a GoMacro bar, and sit myself down to study before 10 a.m.

(No, this is not a sponsored post. GoMacro bars are simply perfect and I will share this fact with everyone I possibly can.)

### **How to figure out your peak study conditions quickly**

Spend three hours studying for an exam by yourself, then three hours studying with others. Observe how your focus changes.

Try different foods and keep track of your energy levels, then stick to what's good for your brain and your taste buds.

Do work in the early morning, afternoon and evening. Write down when you feel your best, mentally and physically. During test periods, try to arrange your schedule so you can study during peak times of focus.

And, of course, find or create your special study space.

I never made the mistake of studying in my bed, but others have. Whether you're at home or in a dorm this semester, study at a desk or somewhere outside your room.