

Eat Better, Learn Better!

1. If you don't understand something in class, ask the teacher to clarify for you

2. Do not procrastinate or leave your studying to the last minute

3. Join a study group

4. Find a quiet place to study where you won't be interrupted

5. Take your study time seriously



6. Study in short, frequent sessions

7. Take good notes in class

8. Go over your notes later the same day

9. Prepare your study environment

10. Create a study routine



Eat better. Live better.