

5 Smart Study Tips

Studying smarter can make a big difference in your grades and help reduce stress. Try any of these tips to help make your study time more effective.

1. **Use the Pomodoro Method.** Set a timer for 25 minutes of focused study, then take a 5-minute break. This will help increase your concentration and productivity, while reducing distractions.
2. **Practice Active Recall.** Instead of just rereading notes, quiz yourself. Try to explain the material out loud or write it from memory, without looking at your notes. This increases long-term retention.
3. **Space Out Study Sessions.** Schedule your studying over several days, instead of cramming the night before an exam. Reviewing material multiple times over time helps you remember it.
4. **Change Study Environment.** Studying in different locations, such as a library, coffee shop, or even outdoors, can boost memory and focus by giving your brain new cues to recall information.
5. **Teach Someone Else.** Explaining concepts to a friend, family member, or study partner helps you to understand the material. If you can teach it to others, then you know it well.

TIP OF THE MONTH STAY POSITIVE!

Maintaining a positive attitude has many benefits in the workplace. Not only does it help reduce stress and increase morale, it can also help your team stay focused and on track. Staying optimistic in challenging situations will also test and enhance your problem-solving skills. It's a win-win!



September Career Refresh

September is a great month for a career refresh. Take some time to review your career goals, increase your skills, and reconnect with your network to finish the year strong.

- **Review Your Goals.** Assess your progress and adjust your career goals as needed to stay on track. Think about what you have accomplished and what still needs attention.
- **Invest in Yourself.** Consider ways to increase your skillset, such as enrolling in a workshop, webinar, or an online course, that can improve your expertise and keep you competitive.
- **Reconnect & Network** – The fall is a great time to check-in with your professional network after the summer break and also expand your connections while attending seasonal events.

