



This guide was created for Cégep Heritage Students by a 3rd year Heritage student in the Special Care Counselling program completing an internship in the student services department.

Students who would like more information or to speak with someone should contact student services sservices@cegep-heritage.qc.ca.



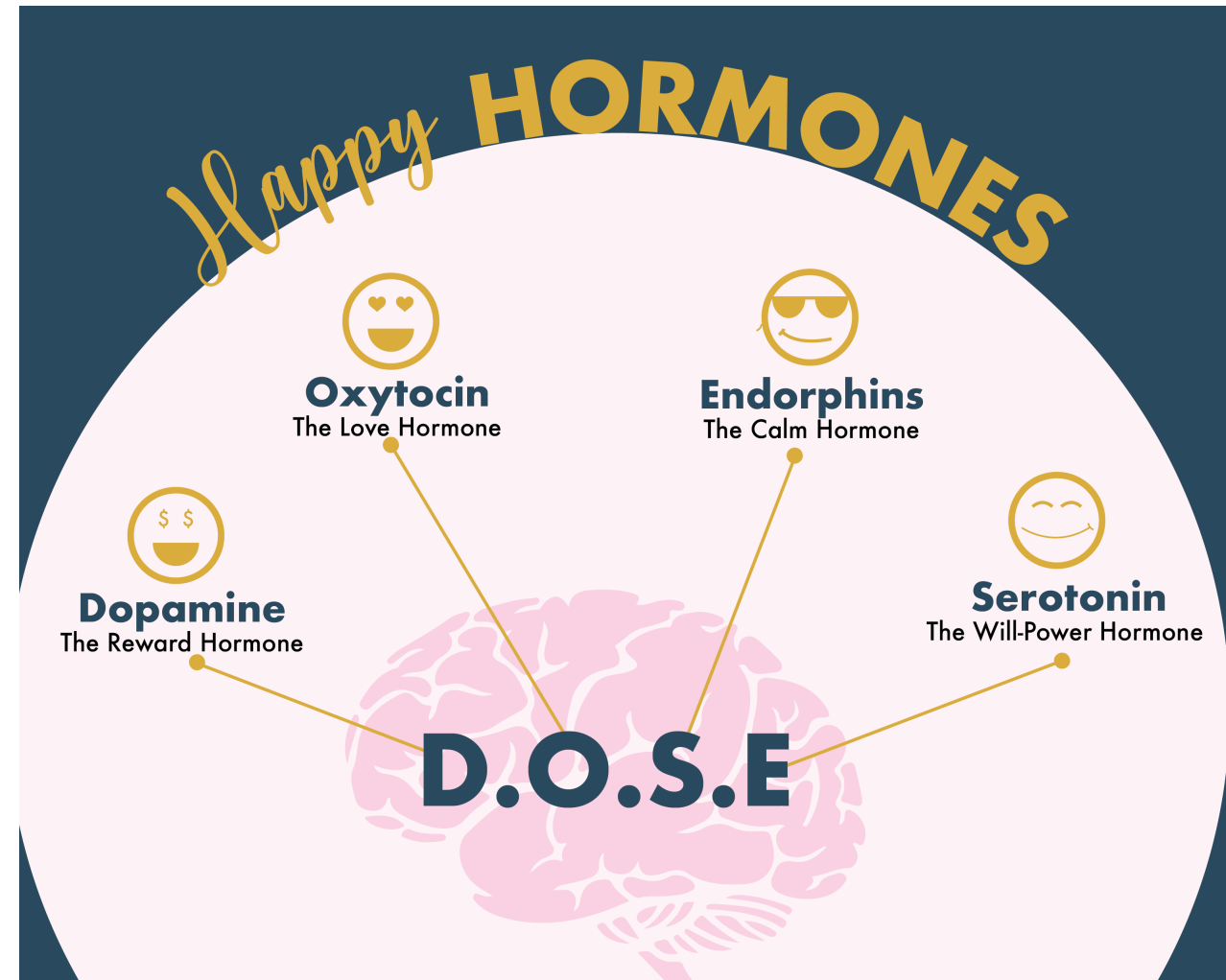
Tips and tools to stay motivated and study effectively

By Julien Masionneuve

3rd year SCC student

Take care of your brain

- ▶ A healthy brain is an efficient brain: make sure you :
- ▶ Eat , omegas and proteins
- ▶ Sleep, 7 to 8 hours a night
- ▶ Exercise, it produces happy hormones
- ▶ Drink water, it improves your ability to focus



Get Organized with the 3-day challenge

- ▶ Get an agenda: book style, paper or electronic whatever works for you, try for 3 days.
- ▶ Set alarms as reminders on your phone when assignments are due.
- ▶ A daily to do list, to stay focused on a day-to-day, week-to-week basis , it helps structure and prioritize your work and study periods



A quiet space to work....

- ▶ Should be clutter free and well lighted
- ▶ Try noise cancelling headphones if it is too noisy
- ▶ Limit distractions. Apps like Forest will restrict incoming distractions for a set time , as you focus, your tree will grow
- ▶ Classical music has been proven to stimulate brain activity
- ▶ Avoid your bedroom, as it sends your brain signals associated with sleep



Setting goals

Setting goals to push yourself towards success! Make them achievable and realistic

Reward yourself for achieving your goals, a cookie, 15 min of YouTube, a chat with a friend whatever you like

Effective studying



- The brain's capacity for serious studying is 25 minutes. Take a 5-10 minute break in between.
- Print off your notes, study suggest that studying from a computer is less effective
- If you want to remember something, write it out!
- Make PowerPoints your own by highlighting and adding your own notes
- Pretend that you are teaching, we remember 95% of what we teach
- Study out loud, it helps memorization
- Do not Cram, study in little chunks frequently, repetition over time is effective

Self-Care

- STAYING IN CONTACT WITH FAMILY AND FRIENDS
- MEDITATION
- READING
- BERATING EXERCISES
- CREATE, COLORING, PAINTING, JOURNALING
- TAKE A BATH
- YOGA

- LIKE NIKE, JUST DO IT!

