

# SEU ACE STUDYING

## Tips and Tricks



### Be Positive and Visualize Success

Approach studying with an upbeat, expectant attitude. Positivity sets you up for mental resilience and overall success.



### Class Notes and Study Guides

These are the blueprints for what you will see on exam day.



### Study Harder Subjects First

Spend your best and sharpest hours on your most challenging topics



### Need Clarity? Ask!

Ask questions while you still can. Email your professor, ask classmates, or connect with ACE!



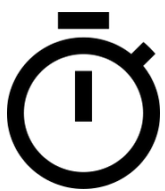
### Attach Meaning

Ask yourself **how** you are going to use the information, not "if." How will this enhance your understanding, career, ministry, worldview?



### Eliminate Distractions

Close extraneous tabs and silence phone notifications. Keep snacks handy to combat hunger.



### Try 25 minutes of Intense Focus

Set the timer for 25 minutes and only work on one task for the duration of the time. Once the timer goes off, take a break, then switch tasks for another 25 minutes.



### Rest

Get plenty of sleep at night and be sure to schedule breaks every 30- 50 minutes during intense studying