**Ways to improve your studying skills**

Every student has difficuties of studying during his life. One point is – it appears difficult to process information. Another point is - the material is not interesting, but needs to be studied. And a third point is - it just doesn´t work. What to do if you face these challenges? In this article we try to help you with tips on how to make studying easy and enjoyable.

**1. Manage your time.**

Make a schedule and devote a certain amount of tie per day or week to studying. It can be 3 hours per day or 15 hours per week.

**2. Pace yourself.**

Try to find the best speed for studying and adjust yourself to it.

**3. Get enough sleep.**

Always remember to sleep. When the brain is tired, the studying will become harder. If you sleep even 3 hours, that will be enough for studying. But in general try to sleep 8 hours per day.

**4. Empty your brain.**

Try to forget everything that bothers you and is not concerning the topic of your studies.

**5. Turn off electronic devices.**

Electronic devices distract us from everything. Even deprive us of daily communication. Even if there is something that needs immediate solution, write a note and do it after learning.

**6. Find a good study space.**

Try to find a comfortable space for stuyding. Keep your studying space clean if you want to study in the clean space and take control of that space.

**7. Background music.**

If you need a background music for comfortable studying, choose it carefully, choose the songs you have listened many times, so the content will not distract you.

**8. Choose snacks carefully.**

Eat healthy when studying, try to eat healthy food instead of food with fat and sugar. Go for fruits, vegetables and nuts, if you need caffeine boost, drink coffee or tea ((depends on your taste) and if you need something sweet, eat dark chocolate.

**9. Use SQ3R.**

This method will help you to grasp mentally and start learning the material. Start with distinct words, definitions, surveys, questions and then only start reading the material.

**10. Highlights of important details.**

Highlights of important details from the text. It will help you to remember important moments, that are needed to remember.

**11. Use the strategy** **of division by sections.**

Divide the text into sections and study it section by section. Read the first and last sentences of every section, because they form the key sentences of every section.

12. Make semantic associations.

Make semantic associtations of new information with the information you already got. The memory techniques will help you to remember key points much easier.