

1. Important Information for Academic Life

1-1. Tips for Successful Studies at GRIPS

Plan

- It must be tempting to leave all your studying until towards the end of the term. But do not procrastinate. You will be amazed by the sheer number of exams and essay deadlines at the end of the term. The longer you procrastinate the more stressful it will become and you will end up learning less.
- Creating a study plan is a good way to motivate yourself to study. Set yourself a study schedule ahead of time and stick to it.
- One way to study effectively is to put yourself in a teacher's position. When you study, develop your lecture notes supposing that you are asked to teach that subject. It will enhance your understanding and, if you are asked, you can teach that subject!

Ask for Help

- Be sure to read each of the readings assigned for a class before the lecture in order to gain the most out of the class and be able to ask good questions.
- Be sure to review your class materials and/or your notes after each class. Revisiting what you've learned is the best way to retain knowledge and insight.
- If you don't understand, don't hesitate to ask for help. Ask your classmates or your professor. It can be intimidating to approach your professor, but they are there to help you learn.
- Study groups are a great way to learn. Your fellow students are also going through similar difficulties. Reaching out to your classmates to go over the materials together often accelerates your learning, and helps you guard against procrastination.

Preparing for Examinations

- It is acceptable to ask: what course material is most important for the exam; what is the format of the exam; and whether any practice exams are available.
- Using your lecture notes, problem sets, and readings, try to predict what the exam questions will be, and develop answers for those questions.
- Try explaining difficult topics to your friends. It will help you to evaluate your understanding.
- As you prepare for an exam, if you still have questions about a topic, ask the professor about it during office hours or in a review session.

Relax and Take Breaks

- Stress hurts our ability to absorb information. Taking breaks in between study sessions boosts the retention of new information.
- Make sure to sleep well and eat healthy foods.
- Physical activity is also beneficial for your well-being, as well as for your studies. In fact, studies have shown that exercise improves our ability to concentrate.
- Doing nothing but study will lead to burnout. You should take plenty of time for yourself, to spend with your friends, etc. Remember always to take care of yourself.