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# STUDY TIPS

You don't have to listen, we are **#justsayin** 😊

## GOOD LIGHTING...



...can increase your productivity. An overhead light may **not be enough**, consider a desk lamp for direct light.

## GET ENOUGH SLEEP...

...especially the night before your exam. Have regular breaks every **60 minutes** to help you focus better.



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## DRINK WATER...

Keep hydrated to **avoid tiredness**, the brain is made of

# 75%

water. Stay away from **sugary fizz and energy drinks**.



4

Having a **better mental attitude** can make all the difference.

## eat healthy...

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...food that **fuels your brain**, like apples, walnuts and blueberries. Avoid refined sugar.

## AVOID distraction



Log out, turn off.

#nuffsaid

6

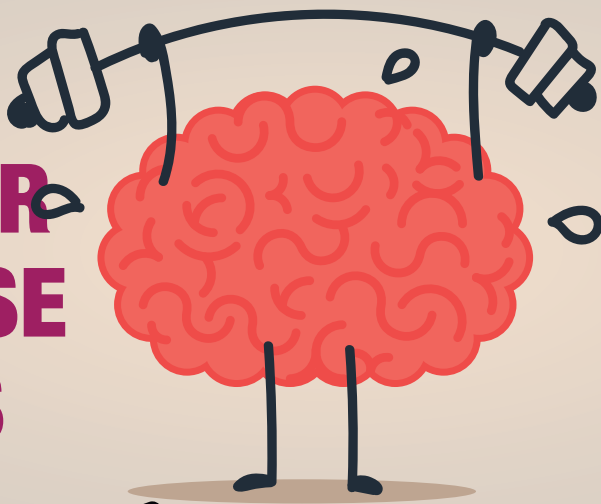
## Be realistic



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Don't cram your plan with too many topics, you will feel disappointed if you can't cover everything. Have a routine so you know what your doing every day.

## TAKE REGULAR EXERCISE BREAKS



8

It stimulates **blood flow** and gives the **brain oxygen**. This can help you **refocus** and **improve your mood**.



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## Listening to background music...

...helps to relax. Don't pick songs that you want to sing along to though! Just some background noise.

## TREAT YOURSELF

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Don't forget to take time out for you, do something you like to take a break from it all!