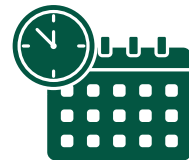# Top 10 Study Tips

1. Time Management
- Plan your day, week, month, and semester.
- Set priorities and reward yourself.
- Keep goals realistic and flexible.
- Use a planner consistently.

2. Attitude
- Stay confident and motivated.
- Don't let setbacks discourage you.

3. Dedication
- Be persistent.
- Attend all classes and sessions.
- Use resources like tutoring, 4S, PASS Sessions and tutorials.

4. Organization
- Keep your materials and notes organized.

5. Preparation
- Review weekly.
- Join a study group.
- Pre-read, print notes, and ask questions.
- Visit instructors during office hours.

6. Study Environment
- Choose a quiet, well-lit space.
- Minimize distractions (phones, social media, etc.).

7. Concentration
- Focus on key material; filter out the rest.

8. Divide and Conquer
- Break big tasks into smaller ones.
- Take 5-minute movement breaks every hour.

9. Be Proactive
- Act early to avoid stress and falling behind.

10. Learn from Mistakes
- Review feedback on tests and assignments.
- Seek help when needed.
- Treat mistakes as learning opportunities.

The **Academic Success Centre** provides free content, study skills and writing tutoring for UNBC students.

To learn more, **scan the QR code**, or visit the **ASC**, located in the Library Learning Commons (5-139G).