



# Study Smart



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# How to study smarter?

## **Write down, why you have failed!**

Set a goal, that you want to achieve. Imagine that you've failed achieving this goal, six months from now. Write why you have failed and make plans for the challenges, that are coming up with that goal. This way you'll be well-prepared and able to face the challenges on the way to achieving your goal.

## **Use atomic habits!**

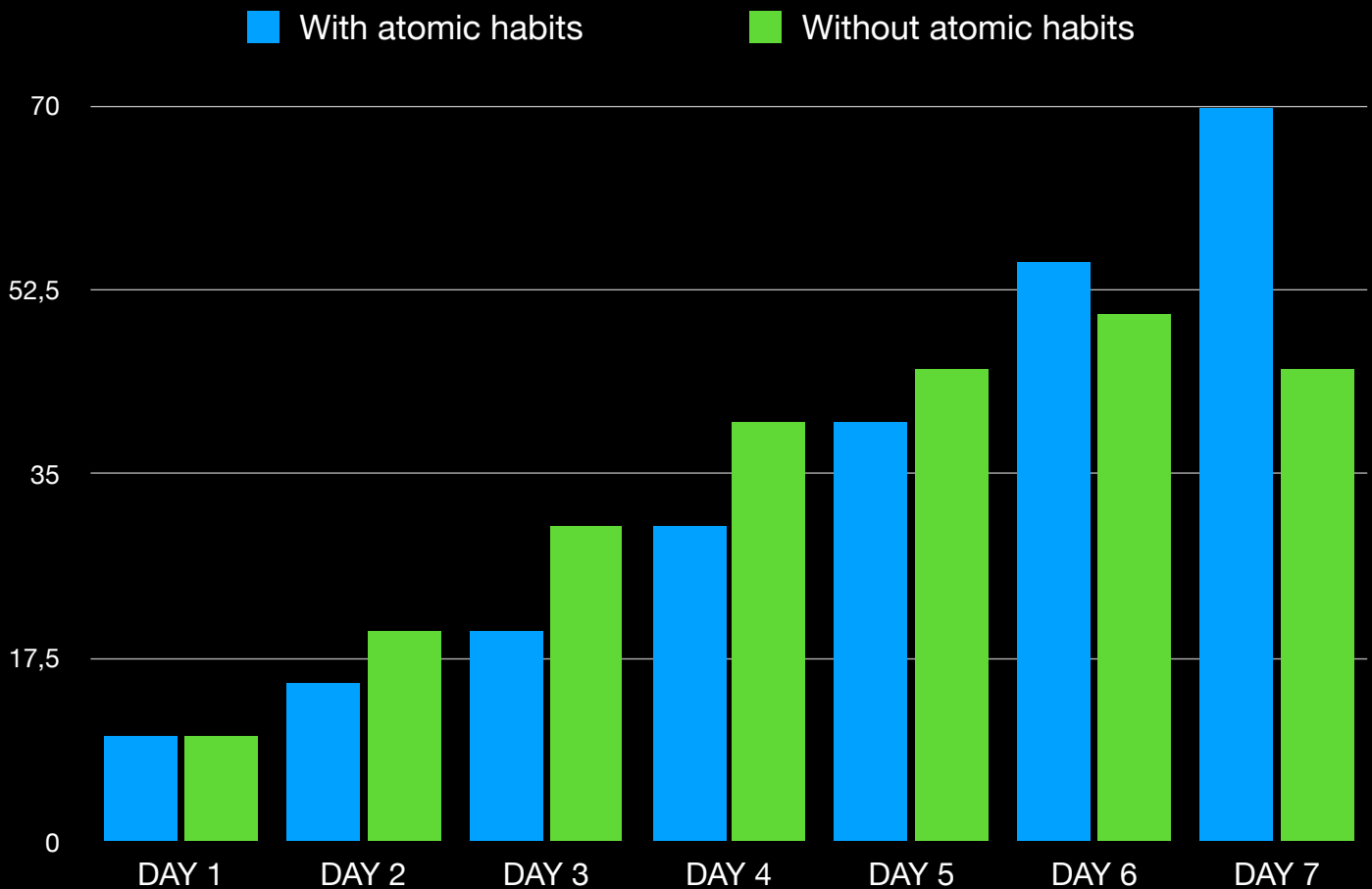
Don't blow out all your energy strength directly. Split your goals in small parts. By implementing atomic habits, you're going to achieve your goals. For example: If you have an exam next week, you can split everything you need to learn into smaller parts for each day. Don't study for too long, half an hour at a time is enough!

## **Reward yourself!**

Bad habits have immediate rewards. That's why we like bad habits more. But you can change that by rewarding yourself. Let's say you need to write your VWA paper, you can plan, that after writing two pages, you're going to play two or three hours video games for two or three hours. With time, you're going to realize, that you started loving this new and good habit and you will notice a change. This is one of the best ways to make progress.

## **Change your environment!**

Your environment strongly influences your desires. So, if you change your environment, you're going to develop good, new habits. Create a distance between you and your bad habits. For example: If you tend to play video games for too long, ask somebody to hide the console, so you don't find it. In other words, create a distance between you and the video game and rather place your study materials right in front of you!



### **Focus on the next step and keep going!**

You shouldn't stop doing a habit, after you have made instant progress. Start with small steps and keep doing them. Your consistency is going to pay off, as the chart show. Somebody who makes immediate progress (color blue), isn't going be able to hold it for long. That's a waste of energy. But if you start slowly and keep doing it, you're going to become better and you're going to hold this progress for a very long time (color green). Therefore, always focus on the next step ahead of you rather than looking at the big goal in the (distant) future.