Top Tips for Productive and Healthy Study transcript

# Header – 1. Take a Break

## Main text

Integrate some personal/free time away from your study space into your study routine. Go for a walk, stretch, dance, meditate, have a shower, phone a friend, cook a meal, or have a cuppa. Whatever you feel will get you back to your desk refreshed, focused, and ready to hit the books. A break will aid information retention, help you to de-stress, renew energy, resume focus, and bolster your productivity. Don’t cram — the break is just as important as the study!

# Header – 2. Fuel Your Brain

## Main text

You can’t run on an empty tank, so boost your brain with as many fresh and healthy foods as you can. Whether it’s snacking on pumpkin seeds to enhance focus and memory, or blueberries keeping your memory sharp. Do your research into what snacks and culinary creations will help get you over the finish line, and don’t forget to stay hydrated.

Eat well to Feel well' with this [webinar](https://www.youtube.com/watch?v=gzzTcRQqz4Q&feature=youtu.be&ab_channel=StudentWellbeing) from Student Wellbeing!

# Header – 3. The 3 R’s: Review, Revise, Repeat

## Main text

## At University it can feel like you’re constantly bombarded with large amounts of new information and concepts. Regularly reviewing the material you have already covered will help improve your memory and understanding. Regularly quiz yourself or have a friend quiz you, and over time try to summarise your notes of key terms and concepts more concisely, aiming for one flashcard per topic. These will serve as a quick memory trigger and can be used to embed knowledge through repetition. Instead of using physical flashcards, why not use online tools like [Quizlet](https://quizlet.com/?utm_source=Google&utm_medium=cpc&utm_campaign=10968245205&utm_content=110723638714&utm_term=quizlet&matchtype=e&gclid=EAIaIQobChMI3o7Z5v_F7AIVw513Ch0SwQ02EAAYASAAEgLjiPD_BwE) or [GoConqr](https://www.goconqr.com/), making it easier to store, build, amend, and share your study materials – to find more study tools, use our [digital study tools guide](https://blogs.qub.ac.uk/digitaldiscovery/wp-content/uploads/sites/156/2020/09/Study-Tools.pdf) and get creative with your learning.

# Header – 4. Stay Motivated

## Main text

Sometimes it takes a concerted effort to remain motivated, particularly when learning online. Procrastination and a lag in motivation strikes us all at one point or another. Enhanced motivation can be helped along by applying some or all of the guidance here, from study-proofing your work space, to taking sufficient breaks and rewarding yourself upon the completion of a challenging task. Though sometimes the greatest motivator of all is reminding yourself why you enrolled on your course – forming clear goals and objectives, thinking of what you want to achieve, remaining positive, and accepting that some days will be more productive than others.

# Header – 5. Sleep Matters

## Main text

# Getting enough quality rest and sleep will help you function at your optimum. People who are sleep deficient are less productive, take longer to finish tasks, have slower reaction times, and are likely to make more mistakes. If you’re tired, your capacity to comprehend and retain information is greatly diminished. So rather than pulling that all-nighter to cram, do yourself a favour – start early, plan and manage your time effectively and get in those all-important 8 hours of sleep.

# Check out these [sleep tips](https://www.youtube.com/playlist?list=PLKjLK0e2IaFRdkQUz8a1eewoI9ocxotLa) from Student Wellbeing.

# Header – 6. Remember to Take Care and Study in a Healthy way

## Main text

For more advice, take a look at [these tips](https://www.qub.ac.uk/sites/my-queens/filestore/Filetoupload%2C996165%2Cen.pdf) from our Student Wellbeing Service.

# Header – Thanks for Watching!

## Main text

Digital Discovery at Queen’s