

TAKE A BREAK

There is a phenomenon that you can study too much. It is called (over studying). Because you think you are doing the right thing, then your body just physically can't take it and breaks down. The goal is to maintain that energy of a consistent nature for long periods of time and not for a short period of time. You need to learn how to **take a break**. So you are recharged and re-energized for the entire school year and work consistently.

How is it done? For balance, you need to recharge by taking time off from studying and have in the hours of 8am-12pm, then take a break.

These are researched techniques you can use to assist you.

- **Exercise**- can increase attention span, make things fluid (dopamine) helps brain function – dance, walk, gym, read for enjoyment, etc. for 20 – 30 minutes every day to every other day.
 - Breaks up boring , monotonous activity, cuts daydreaming.
- **Talk to someone** who may know the material you are learning so you are looking to gain insight.
- **Vary your studying methods**- reading something over and over again is not the best efficient way to learn. It is counterproductive, so in between short study sessions, you should test yourself now and again. Ask questions with others studying around you then test yourself
- **Get as much sleep as you can**. Your brain needs to recover and reflect on what was learned. 6-7 hours a day. Power naps even work as long as it is short 45 mins to recover and start studying over again.
 - Finally, cramming or staying up all night to catch up or study for exams without breaks **messes up your sleeping and attention span**. It may take up to 4 days to recover if you stay up all night.
- **Take a break**. The goal again is to take a break for every hour of studying. Study for an hour then take a 20-40 minute break.
 - Listen to music (uplifting or without the lyrics)
 - Create Appropriate lighting (not a dark or overly bright room that can be distracting)

You want your brain ready to be receptive to retain information.

Some also suggest that you get up and walk around and sometimes talk out loud or even strike a pose of confidence by looking in a mirror, so you are looking confident to yourself.

In conclusion:

1. Take breaks 20-40 minutes for every hour of studying
2. Sleep
3. Exercise
4. Talk with and to others in the same class or interest about the material
5. Learn to strike a pose of confidence and walk around