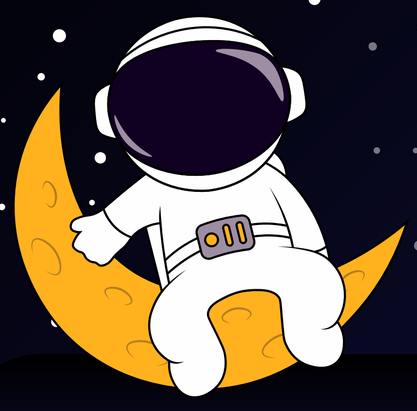
STUDYING - how to stay on top of it?







8

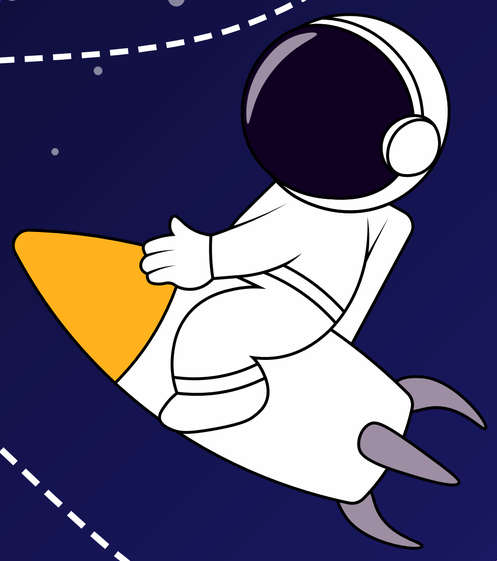
Make studying a HABIT

- remember: practice makes perfect

7

Take care of your body and mind

- sleep 6–7 hours a night
- fuel your brain with balanced meals
- drink plenty of water
- spend time outdoors



6

Create the right conditions for studying

- choose a quiet, comfortable place
- remove visual and auditory distractions
- keep your surroundings tidy
- find your study space at the Gdańsk Tech Library

5

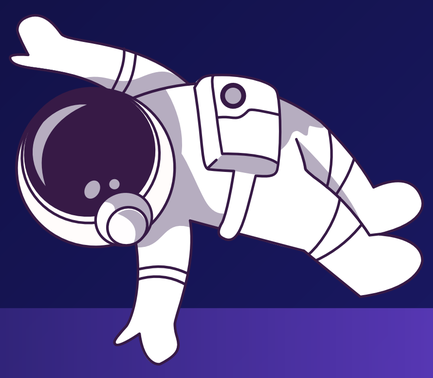
Study with motivated people

- encourage one another
- learn and review the material together
- use the student study areas at the Gdańsk Tech Library

4

Reward your progress

- choose a small reward after a productive day of studying
- plan a bigger reward after completing a semester or academic year



3

Plan the time to rest

- take a screen-free break after each study session
- schedule longer breaks and physical activity too

2

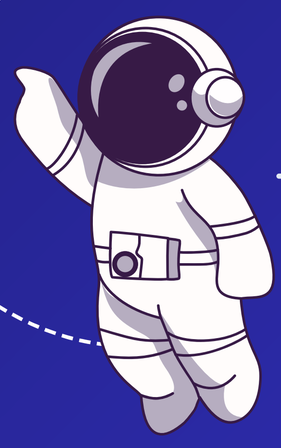
Organise your study effectively

- break the material down into smaller steps
- make a plan
- check that you have all the resources you need

1

Find your personal reason for studying

- what do I want to learn?
- why am I studying?
- how much time do I have?





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