



ZQS
Schlüsselkompetenzen



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TOP TEN STUDY HACKS

Tips for your studies and exam preparation

1 Allow yourself time for fun and relaxation

Studying consumes a lot of energy. Maintaining a healthy balance between studying and time for yourself is essential to stay focused and effective in the long run.

2 Use a calendar, a planner or a computerized agenda

Keeping an overview of your appointments and the things to do is important. You can put the cherry on the cake by tracking your tasks and analysing how much time you needed to complete them. This helps you getting a clear impression of your time consumption.

3 Set goals: Daily, weekly and semester plans

Plan both long term and daily. Starting the day with realistic goals helps you to maintain your effectivity and to avoid losing track of your plans. Especially setting goals for each study session gives you the motivation to accomplish your set tasks.

4 Prioritize and schedule what you need to do

Accomplishing a lot of tasks during the day can make you feel good. But it is essential to reflect how many of these tasks have actually helped you getting closer to your set goals.

5 Never postpone your planned study session

As a successful student you need to learn to be consistent in your studies and to have regular study periods. It is okay having to change the schedule from time to time due to unexpected events, but make sure that you are getting back to your routine as soon as the event has passed.

6 Don't leave everything until the last minute. Studying and revising takes time

The brain needs regular and active revision in order to comprehend and memorize content. Be creative and active when revising: watch video tutorials, take notes, read out loud, write flash cards...

7 Take notes and rewrite them after class

Taking notes and writing summaries of lectures or book chapters is crucial for effective studying, yet very underestimated. Try it out!

8 Read more than once

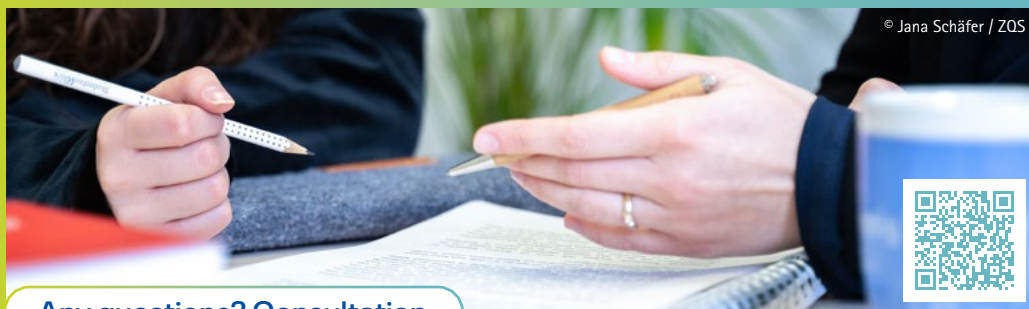
Reading a text more than once helps you to memorize its content. Don't forget highlighting the text and taking notes.

9 Visit tutorials and do the exercises regularly

Tutorials give you the opportunity to ask questions and check your comprehension. Completing the exercises regularly is a big step towards a good exam preparation.

10 Network

Connecting with fellow students and studying together helps you to check if you are on track with your exam preparation. It also increases motivation and often provides important information regarding your studies.



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Any questions? Consultation

If you need advice concerning learning strategies, effective exam preparation or time management, please contact us and we will arrange an appointment. Our consultation is offered in German and English. We recommend a German language proficiency level of at least B2. Further information:

zqs.uni-hannover.de/en/kc/learning →