
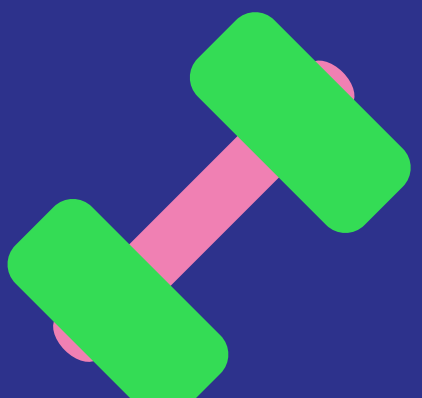


Your Brain At School: Science-Backed Study Tips



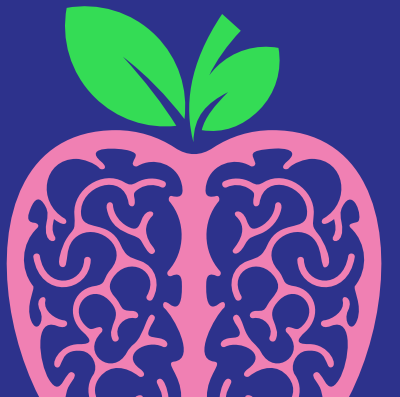
Prioritize Sleep for Stronger Memory
Your brain locks in what you learned while you sleep.

- Aim for 8–10 hours a night, especially during finals
- Power down screens 30–60 minutes before bed.
- No caffeine after 5 PM —it sticks around for hours!




Exercise to Boost Brain Function
Exercise fuels brain chemicals that boost memory, focus, and mood.

- Move for at least 10 minutes after studying.
- Walk while studying—movement enhances retention.
- Take a short, brisk walk before a test or exam.




Eat Brain-Boosting Foods
The brain relies on a steady supply of nutrients to function—healthy fats, protein, and antioxidants.

- Eat nutrient-rich snacks—nuts, eggs, & whole grains.
- Stay fueled with slow-digesting carbs and protein.



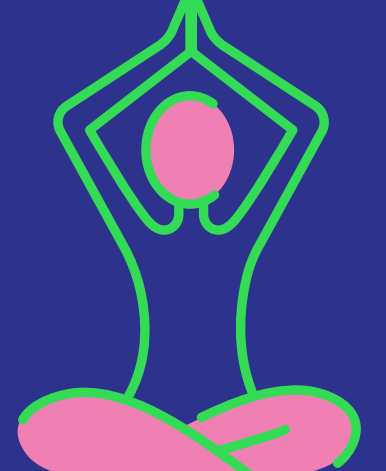
Stay Hydrated to Stay Sharp
Mild dehydration (1–2%) can impair memory, focus, and reaction time. Water keeps your brain sharp!

- Drink 6–8 cups of water daily.
- Start mornings with water, not caffeine.
- Snack on water-rich foods—cucumbers & oranges.




Balance Blood Sugar for Brain Gains
Too much sugar causes blood sugar spikes, then crashes—bad news for focus and memory!

- Avoid solo sugar snacks before studying or tests.
- Pick whole foods over candy to keep energy steady.
- Pair sweets with protein or healthy fats (trail mix).



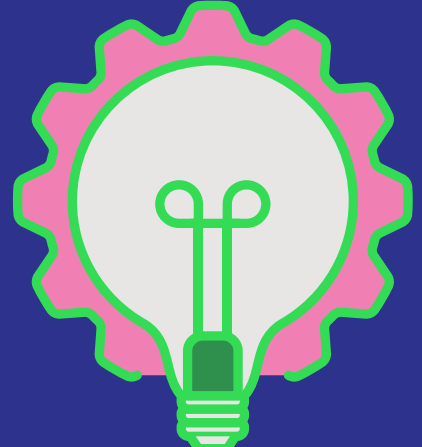
Practice Mindfulness to Reduce Stress
Cortisol from stress can impair focus and memory. Practicing mindfulness improves mental control.

- Try a simple breathing exercise (inhale 4, exhale 6).
- Take screen breaks to prevent mental overload.
- Shift your focus—list 3 positives from today.



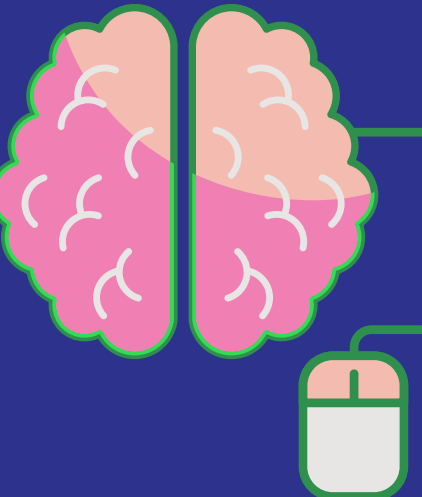
Get Outside for a Brain Boost
Nature exposure lowers stress and recharges your brain's energy.

- A few minutes outside can clear your mind.
- Study near a window with sunlight if you can.
- Combine movement + fresh air after study sessions.




Use Active Recall Instead of Re-Reading
Actively retrieving information makes learning stick better than passive review.

- Quiz yourself or explain topics out loud.
- Use flashcards or teach a friend.




Take Practice Tests To Reduce Anxiety
Simulating test conditions boosts recall, sharpens time management, and reduces test pressure.

- Use past exams or teacher-provided materials.
- Practice under timed conditions.
- Review your errors and focus on weak spots.




Study in the Right Environment
A cluttered or noisy environment increases cognitive load, making it harder to concentrate.

- Study in a quiet, organized space.
- Use instrumental music or white noise if needed.
- Let in natural light to boost alertness.



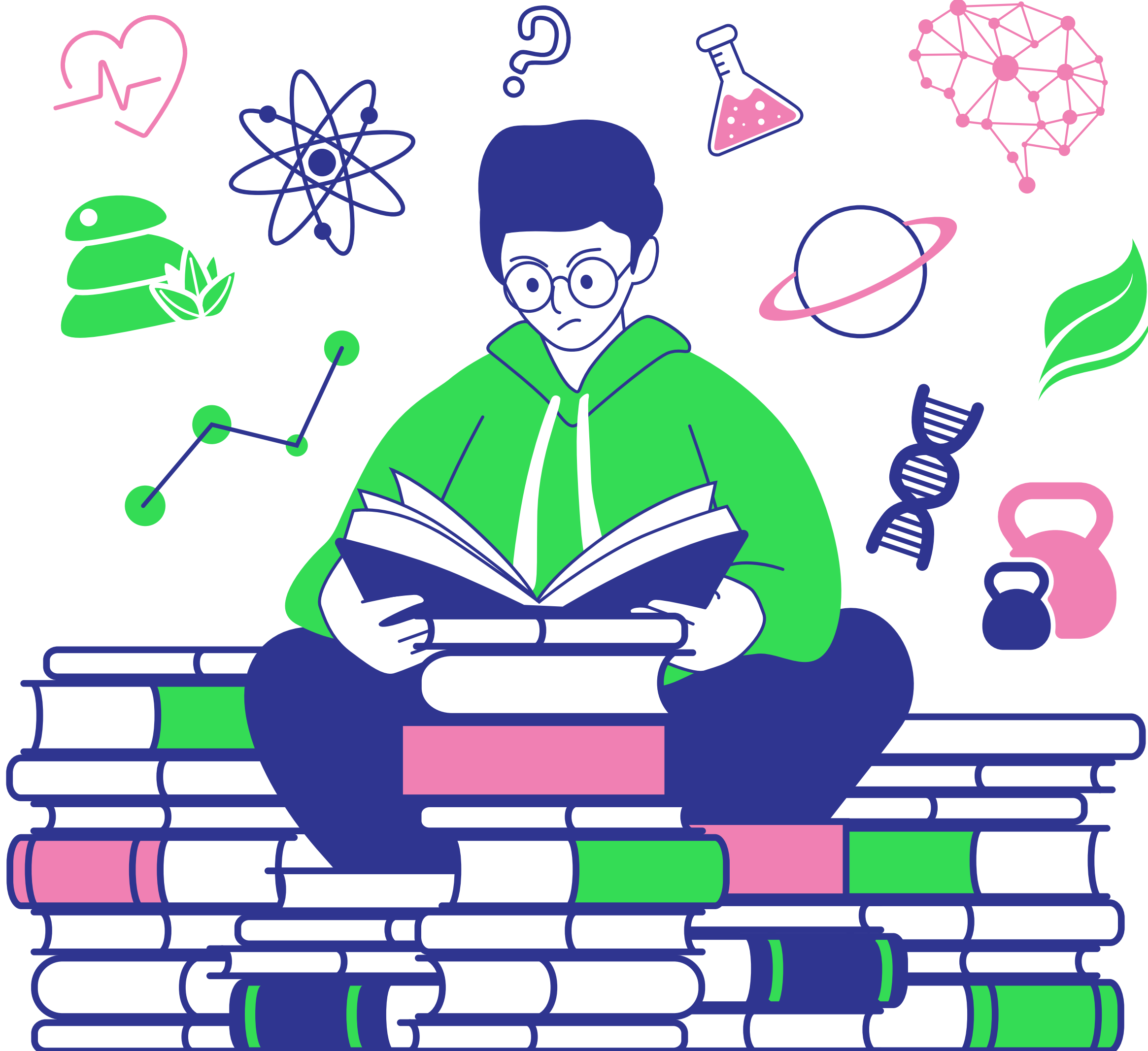
Study Smarter with Pomodoro
The brain works best in short, focused bursts (25–30 minutes) because it avoids becoming overloaded.

- Study in 25-minute focused sprints. Break 5 min.
- After 4 rounds, take a longer 15–30 minute break.



Avoid Last Minute Cramming
Cramming strains your brain. Spacing out study sessions strengthens memory.

- Review material across several days, not all at once.
- Practice explaining topics in your own words.
- Tackle the toughest topics first when you're fresh.



Want to learn more? We're here to help. Reach out today!

