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Studying can be stressful, confusing, and overwhelming, but the right tools can make all the difference.

This guide is packed with resources to help you stay organized, focused, and motivated. Inside, you'll find apps, articles, and online tools covering everything from memory techniques to wellness tips—all designed to support you in mastering even the most challenging topics.

Whether you're preparing for a big test or just looking to improve your study habits, there's something here for everyone.

Feel free to share this with friends, classmates, or colleagues, so more people can benefit from these valuable resources.

Happy studying!



Amber Pippins, **Mometrix** TEST PREPARATION

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Some days, it can feel like the most challenging part of getting the work done is starting the work. It's easy to think, "I need to clean this room first," or, "I'm pretty tired. I'll take a look at this tomorrow."

Sometimes, all we need to do to get going on those all-important tasks is break them into smaller chunks or create a list to track progress.

Check out these resources to help you get started when you'd rather do literally anything else.



## **Microsoft To Do**

Helps you create and manage to-do lists, breaking tasks into smaller actionable items.



## **Streaks**

Helps you build good habits by rewarding you for consistency in completing tasks and avoiding bad ones.



## **Trello**

A project management tool where you can break down tasks into smaller, manageable cards, and organize them on boards.



## **Beeminder**

Allows you to set goals and rewards, and it tracks your progress, keeping you accountable.



## **Habitica**

A habit-building app that turns your tasks into a role-playing game where you earn rewards for completing them.



## **NYT - "Why You Procrastinate"**

This article explains *why* you procrastinate (and it has nothing to do with self-control!)



## **Helpful Tip!**

Reflect on why you're procrastinating. You may feel distracted or anxious, or maybe you did at one time and now you've created a habit. Be honest with yourself, set a schedule, and stick to it.

Getting started with big dreams to study your brains out is great. But how can you know when to study and how much to study?

Whew. Study, study, study. You need a study plan.

Set a schedule and stick to it! These resources inspire students everywhere to create effective timelines to meet their study goals.



## **Todoist**

A task manager that helps you break tasks into smaller subtasks and prioritize them.



## **YouTube - Patrisha Dictado**

In this short YouTube video, Patrisha gives some great advice on creating a schedule that works for you.



## **Google Calendar**

A digital calendar that will let you set deadlines for each task and receive reminders to stay on track.



## **Notion**

An all-in-one workspace that allows you to organize tasks, notes, and projects, breaking down overwhelming tasks into simpler steps.



## **My Study Life**

Never miss another deadline. Designed for the demands of student life, it's the smarter way to plan, focus, and succeed.



## **Study Checklist!**

Head to the last page to get your study ducks in a row. Use this handy checklist to track your progress and stay on top of tasks. Checking off each box will help you build confidence and keep momentum.



Alright. We've made our lists. We have a good schedule crafted. We get 20 minutes into our project, and...SQUIRREL!

Sometimes, when we are trying to focus on one task, it feels like everything else we are not doing is calling to us, begging for just a little attention.

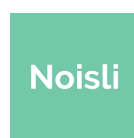
"Check your messages!" says our phone. "Grab a snack!" begs our tummy.

Get laser-focused with a little help from these resources!



## **Pomofocus**

A Pomodoro technique website that helps you manage tasks with timed focus sessions.



## **Noisli**

Customizable background noise generator to create an ideal study environment.



## **Cold Turkey**

A website blocker that prevents access to distracting sites during study time.



## **Headspace**

Meditation app with sessions specifically for focus and stress reduction.



## **Freedom**

Blocks distracting websites and apps across multiple devices and helps you stay focused.



## **Calm**

Meditation and relaxation app that can help clear your mind before or during study sessions.



## **Helpful Tip!**

Try 15 minutes of exercise before sitting down to accomplish your tasks. Sometimes, it helps to expend a little body energy before we use our brain energy.

If your mind starts to wander after 45 or 60 minutes of deep work, it may be time for 15 minutes of break.

Imagine sitting down, reviewing your notes, and memorizing all the critical information you need to pass your class.

How do people do this? How do we recall the information on test day?

There are a few really fantastic resources for this. You can create flashcards, implement spaced repetition, and generate quizzes and games for yourself.



## Anki

A powerful flashcard program, perfect for memorizing vast amounts of information.



## RemNote

A note-taking and flashcard tool for both knowledge management and long-term memorization.



## Quizlet

Offers various study modes, including flashcards, quizzes, and games, suitable for active recall.



## Brainscape

Adaptive flashcard platform that uses spaced repetition to improve memory retention.



## Asana - "Boost Your Memory"

This article boosts your memory with 10 memorization techniques.

### **Helpful Tip!**

Instead of mindlessly reviewing flashcards, leverage the power of spaced repetition with the Leitner system.

Check out this video on how to incorporate the Leitner system into your studying routine!



When it comes time to write, using spellcheck is just the basics. You'll need to really hone your writing skills in other ways to make your finished work shine.

Though using AI can be helpful, it's important to not have AI write everything for you. Teachers and employers are checking for AI written documents, essays, resumes, etc.

Here are a few resources that analyze your writing and offer helpful suggestions:



### **Rewordify**

A tool that simplifies complex text to improve understanding.



### **Power Thesaurus**

A website/browser extension that helps enhance your writing with word-replacement suggestions



### **Hemingway Editor**

A tool that lets you paste in your text and evaluates what grade level you're writing at.



### **Purdue OWL**

A site that offers grammar help, style guides, and essay writing tips



### **Grammarly**

An app/browser extension that spell-checks and offers suggestions to fix grammar and punctuation.



### **ProWritingAid**

A tool that helps improve your grammar, writing style, and overall tone.



### **Write & Improve with Cambridge**

An interactive tool that gives you feedback on grammar, vocabulary, and structure.



### **Helpful Tip!**

Read your work aloud. Record yourself reading it. It's an easy way to "hear" awkward sentences, or if you need to jazz something up to make it more interesting

So you're focused up, in the zone, and now the information is flying at you in the form of volumes, chapters, lectures, pages, and pages and pages...

You need to break that info down into memorable, digestible, repeatable highlights.

Welcome to Taking Notes 101. But, no need to scribble random stuff down in hopes you'll later remember what it all meant. Here are the tools to level up your note game.



## **Microsoft OneNote**

Great for creating organized, structured notes using templates like the Cornell method.



## **MindMeister**

An easy-to-use online mind-mapping tool perfect for organizing ideas visually.



## **Evernote**

A robust note-taking app that can organize your notes, use templates, and sync across devices.



## **Logseq**

An open-source, outliner-based tool that's excellent for networked note-taking.



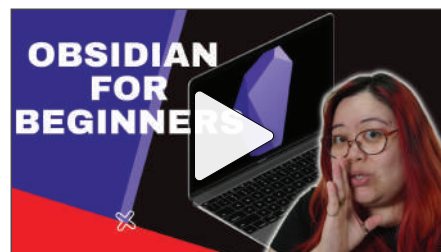
## **Goodnotes - "Note-Taking Methods"**

An article that outlines several different note-taking methods to help you decide which one is best for you



## **Obsidian**

Ideal for the Zettelkasten method with a markdown-based interface for note-linking and visualization.



*Check out this YouTube playlist for getting started with Obsidian!*



### **Helpful Tip!**

Revisit and revise your notes as soon as possible. You may want to read over them or even rewrite them for clarity. All of this is most effective when the information is fresh.

A heavy study load can get pretty demanding, but don't ignore your health. Listen to the signals your body is sending.

Fatigued? Tummy trouble? Mental acuity feeling a little dull? You may need to balance your diet, schedule workouts, or even take a brisk walk here and there.

Here are some resources to help keep your body and brain operating at peak performance.



### MyFitnessPal

Track your meals, calories, and exercise to maintain a balanced diet and stay fit.



### Sleepytime

Helps you calculate the best time to go to bed and wake up based on sleep cycles, ensuring optimal rest.



### Sleep Cycle

Analyzes your sleep patterns and wakes you up during your lightest sleep phase so you're more refreshed.



### Yum!ly

Offers personalized recipe recommendations based on your preferences and dietary needs.



### Mayo Clinic - "Brain Health Tips"

This article outlines eight brain health tips to help you protect your brain.

### **Helpful Tip!**

Even when we're super busy, it's crucial to maintain our friendships and family connections. Isolation can lead to burnout, and we don't want that.

Keep a social balance. Perhaps it's meeting a friend over lunch, calling a family member, or exercising in a group. No matter how you connect, connect.



Nerves and anxiety are real things. They can trigger different responses in your body that make sitting for your exam very difficult.

You want to walk in calm, cool, and collected.

Get ahead of nervousness by preparing with these real-world strategies:



### **Insight Timer**

Offers free guided meditations and mindfulness practices that can help reduce test anxiety.



### **Reflectly**

A mood and journal app that uses AI to help you process your emotions and reduce anxiety through self-reflection.



### **Day One**

A digital journal where you can log your thoughts, emotions, and study progress, helping to track and alleviate test anxiety.



### **YouTube - Therapy in a Nutshell**

A quick, 3-minute guide to relaxation from licensed therapist Emma McAdam.



### **Mometrix - "Text Anxiety"**

This article dives into reasons for anxiety, how it can make you feel, and what you can do about it.



### **Helpful Tip!**

Get a good night's rest before the exam.

A well-rested mind is a sharp mind. 7 to 9 hours of rest will help you feel your best. Don't give your anxiety the fuel of an over-tired brain.



## 1. Set up your study environment

- Find a quiet, comfortable place to study
- Gather all necessary materials (textbooks, notes, pens, highlighters, etc.)
- Make sure your study space is well-lit and free from distractions

## 3. Organize Study Materials

- Review class notes and organize them by topic
- Highlight key concepts and important information
- Make flashcards with any formulas, dates, or key terms to memorize

## 5. Track Progress

- Note any areas that need further review
- Adjust your study plan as needed
- Mark off studied topics

## 2. Plan Your Study Session

- Create a study schedule
- Set SMART goals
- Assign time slots for each topic or subject
- Include short breaks to avoid burnout

## 4. Active Learning Techniques

- Summarize each topic in your own words
- Create diagrams or charts to help you visualize the topic(s)
- Teach the material to a friend
- Take practice tests

## 6. Test Preparation

- Review all notes, key points, and summaries
- Go over any difficult concepts again
- Practice under timed conditions
- Gather exam materials (pens, calculator, ID, etc.)

