



ADVICE FOR SUCCESSFUL STUDIES

1

Learn actively

Get all required reading materials and prepare your notes in a timely manner. Use thought patterns, concept maps, word clouds, question cards, and KWL method for more efficient and faster learning.



2

Avoid cramming and monitor your progress

Develop a regular study schedule and stick to it. Try studying in groups to learn about different views on study content. Set your learning goals and decide on priorities for a selected day or week. Reward yourself for your successes.



3

Make sure you rest well, eat healthy, and exercise

Sleep well before studying. Turn off social networks and other distractions. Find your own space for studying. Don't forget to plan short and long breaks while studying, eat healthy, and drink plenty of water. Get some exercise and fresh air.



4

Look after your mental health

Mental well-being is the basis for being successful in your studies. Many challenges can be overcome quickly if identified in time. Don't hesitate to ask for help, check what help is available to you at the University of Maribor.



More information:

moja.um.si

