

STUDY TIPS FOR THE NEURODIVERSE AND ALL

Finding what's right for you is about trial and error. This guide provides strategies and tips but above all we encourage you to try, review the results of your efforts and try again, making improvements along the way.

Being prepared for semester

Here are a few things to do either before the semester tops:

- Reach out to SSD. Even if you're not sure what you need, it's good to know what your access options are.
- If your class has a big group assignment and you struggle with these, it can help to reach out to the teacher before the class starts. You can also do this through SSD.
- When you plan your assignments, plan for having a bad day or two where you might not be able to study.

Getting through lectures

- It's ok to review your lectures later via the recording if you have trouble focusing in class. Be sure to attend all your courses whether in person or on Zoom.
- Try reading the transcript while listening to the lecture to stay more focused and improve recognition.
- Try out different methods for taking notes and find out what is most effective for you.

Getting through classes

- It's ok to step away for a few minutes if you need to. You may need to tell your instructor beforehand. You can talk to SSD about accommodations.
- Try to attend every class to make sure you are keeping pace with your courses.
- It's ok to have atypical study habits, if you are being productive. For example, listening to the same song on repeat or studying on the floor.
- Even a little bit of study is a lot better than no study.
- Have a structured morning routine to get you out of bed and an evening routine to get to sleep.
- Maintain healthy sleeping/eating/hydration habits through the semester.
- Don't cut joy out of your life, even during crunch time.
- It's ok to have a day off when you are having a bad day. If you have a lot of bad days, get in touch with our Counseling center or the Dean of Students office. You can also let your instructor and advisor know. We are all here to help you and support you.

**Remember that everyone in the room is learning, so don't be worried about sounding unintelligent. Even if you're nervous, try asking a couple of questions. You may even help others in the room who have the same questions.*

Managing independent study

- Find a study buddy to keep yourself accountable, as social pressure can help motivate you to study.
- If you are finding a topic boring, try doing some independent research to improve your personal connection to the topic - or link the topic to something you are already interested in.
- Find the right study spot for you. There are library spaces on campus with different levels of lighting, noise, privacy, and openness. Try the student center, and each department has an area that is open for student study.
- Avoid being overwhelmed by breaking the beginning of a task into small chunks and starting slowly.

What to do when things go wrong?

Focus first on getting back on track, rather than beating yourself up about getting derailed. There is no shame in getting an extension; it's ok to have difficulties. It's more important to give yourself sufficient time to succeed.

OVERALL TIPS:

- Feeling bad about having a bad day turns one problem into two problems. Go easy on yourself and give yourself a break. Try to be as understanding with yourself as you are with your friends and family.
- During your study time, turn off your social media. There are Apps for that. I am told Opal is very helpful.
- If you are having trouble focusing on reading, try Speechify or another text to voice app.
- Block out time for study the same way you do for classes.
- Try studying during the day instead of at night.
- Leave your bedroom to do your homework. Go to a lab, the library, student center, coffee shop.
- If you are having trouble putting your attention on your homework. Try a 10-minute sprint. Use a timer, take a micro break (NO SOCIAL MEDIA) and return for another 10-minute sprint.
- Have colorful reminders: Use a different colored post it note for each class, write down one assignment per post it.
- Consider using a wall calendar that you put your class schedule, study schedule, due dates and social events on the calendar where you can see them.