



Seven tips to improve your homework and study habits

Feed your brain!

Many scientific studies show that there is a direct link between what you eat and the performance of your brain. So skip sodas that are full of sugar and avoid snacks that contain saturated fat. In addition to being bad for your health, they also prevent your brain from working as well as it can. Instead, try to snack on fruit and vegetables and choose foods that are high in protein, like eggs, fish or yoghurt. Fatty fish like tuna, salmon and mackerel contain lots of omega-3: fuel for your brain!

Use mind maps

Drawing mind maps is a good way to structure all the information in your brain. Take a piece of paper and write down the main subject in the centre, then draw connecting lines to the ideas and themes that are related to it. Use colours and shapes so you can see how the various themes are related. This is an effective way to stimulate the brain to organize information, and it also works for taking in new information. Mind maps bring energy to your creative thinking. They're a great way to get started with any project.

Tell a friend

Maybe the history of the Russian revolution isn't the first thing you want to talk about with a friend, but it can help you memorize and remember key facts and ideas. Make a habit of telling a friend or family member everything you know about the topic you are studying. You will find that learning by telling makes it easier to remember all the details. Your friend and relatives will even ask you questions about your topic, and that is the best way to find out where you might have gaps or check what you're unsure about.

Get enough sleep

Relaxing before bedtime and getting enough sleep is what your brain needs to recharge for the next day. Try not to study too late in the evening. Make a study plan and organize your time so you can reward yourself for all your hard work by doing something relaxing before bedtime. It's important to switch off and reach a restful state of mind before you go to bed.

Keep your desk tidy

Studying in a cluttered space is less than ideal for concentration so before you even sit down to study, clear your desk and organize your workspace. Putting away the extra items helps to eliminate distractions and to bring you instant focus.

Books to the left, notes to the right

When you study, make sure that you keep your books to your left and your notes to the right or in front of you. The left side of the brain processes linear information like reading texts. Anything to do with structuring information, like taking notes or thinking about answers, happens in the right side of your brain. Are you left-handed? Then it works the other way around.

Make a study plan

Planning your work gives you a good overview of what and how much needs to be done. Make a schedule in which you first write down the obligatory tasks and events in your day, like your studies, sports and chores. Make one-hour blocks and fill them with the tasks you have to do. Remember to build in some margin, in case a task takes longer than expected. Don't forget to also include regular breaks so your study time is always 100% focused with few distractions.