

THE DAILY GPA-BOOSTING CHECKLIST

WAKE UP EARLY AND MAKE A PLAN

Waking up early and making a plan will help you feel more prepared for the day ahead which will then lead to more effective classes, studying, and better test grades.

RECITE NOTES OUT LOUD

Studies show that reciting your notes out loud helps you to retain more information. Who am I to argue with science right? So next time you study, try reciting your notes out loud.

STUDY IN ADVANCE

Whether it's the hardest test of the year, finals, or whatever, this technique never fails. My favorite thing about studying in advance is that it helps me to become familiar with the notes so that I can avoid late night cramming when the test comes.

BE PRODUCTIVE WHEN STUDYING

Make sure that you are paying attention to what you are reading. Try to keep your phone out of sight and out of mind. Turning your phone on moon mode will really help with this.

READ CLASS NOTES BEFORE BED

Studies have shown that the brain takes the most recent memories of the day and stores them in long term memory while you sleep. If reading all of your notes before bed is too big of a task, just try going over the last lecture notes in each class every night.