Have you ever had a test coming up and you just can’t seem to focus? Or maybe midterms or final exams are draining you of any motivation you have left. It feels like there’s no way you’ll ever get through your notes or the review, and you might as well just give up. But wait—there are plenty of ways to make studying fun and enjoyable, and I’m going to share them with you. They’re all incredibly simple, and they’ll make you feel like you’re ready to pass even the toughest exam.

1. Make a Study Group – This is by far one of the easiest things you can do to make studying fun. Find a couple of friends in the class and get together for about an hour or two a few nights a week. Making a study group has a lot of advantages, such as:
   - It’s a procrastination solution. Because study groups usually meet at regular times, you don’t have a chance to procrastinate. For people who always wait until the last minute, a study group might be your best option.
   - You might be able to learn faster. You have a couple other people around you who can help you catch onto the information, and there’s bound to be someone who understands what’s going on.
   - You can pick up new study skills from the students in your group.
   - You have a chance to fill in any gaps. Sometimes you miss important information while taking notes, or you accidentally make an error and you don’t realize it. Someone in the group might notice and help you fix it.

2. Listen to Music – It’s nice to have some background noise while you’re doing your work. That’s when music comes in handy, especially music that’s relaxing and helps keep you focused. Even though the Mozart effect, a term coming from a study suggesting that listening to music while studying helps enhance intelligence, has been refuted, there are still plenty of benefits to listening to music while studying:
   - Music that is soothing and relaxing can help students beat the stress or anxiety that comes from studying.
   - Background music may improve your focus by putting you in a better mood and giving you motivation.
   - In some cases, people have found that music has improved their memory.

3. Have Some Snacks and Drinks Close By – Gathering some healthy snacks can help make the time you spend studying a bit more enjoyable. The key word is healthy, so maybe having an entire bag of chips nearby isn’t a good idea. But, something small like fruit or vegetables with dip are good choices. Also, eating nuts is said to be beneficial because they have high levels of iron and also provide oxygen to the brain, which increases your mental alertness and ability to retain information.
4. Take Breaks – Sometimes all you need is a quick break, so step away from the books and put your highlighter down for a few minutes. Frequent, short breaks are better for you than infrequent, long breaks. Set an alarm for every half hour to get up and stretch, get something to eat, or check social media. Short breaks can help you recuperate and get yourself back into gear when it comes to studying, and taking shorter ones will allow you to get back into the swing of things. Longer breaks will make you feel like you don’t want to go back and study, so try to avoid breaks that are longer than half an hour.

5. Try a Change of Scenery – No one ever said you’re only allowed to study in your dorm. And besides, studying alone in your room can get boring. It’s the same old walls, same old bed, and your desk will probably start to get uncomfortable. Try going to the library or to an empty classroom on campus. Sometimes a different area can help you focus a bit more than in your dorm. Also, if you go to the library to study you might be able to find someone to help you study or do your homework. Going to an empty room might also help because you’ll be by yourself and will have limited distractions.

Academic Resources On Campus

**Academic Advising Center**
218 Hanley Library
- Free assessments and workshops
- Career exploration and information
- Academic counseling
- Help with questions about registration and requirements

**Academic Coaching and Tutoring Center**
249 Hanley Library
- Free tutoring
- Study-skills workshops
- Academic counseling

**Disability Resources and Services**
202 Hanley Library
- Equal access
- All types of disabilities
- Reasonable accommodations
- One-on-one meetings

**Mathematics Center**
257 Hanley Library
- One-on-one tutoring

**TRIO Student Support Services***
231 Hanley Library
- Workshops and mentoring
- Career counseling
- Academic, financial and personal counseling
- Computer learning lab

**Writing Center**
250 Hanley Library
- One-on-one review
- Writing skills and competencies

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*To be eligible for TRIO, a student must be: first generation, income eligible or have a documented learning, physical or psychological disability. Student must also demonstrate academic need and be a citizen of the United States.