



## The 10% Solution

**Studies show that students who DO the following things average grades 10% higher than those who don't.**

Consider school your job:

- ◆ Work a solid 8 hour day– classes and studying
- ◆ Relax, Sleep at night... zzzzzzzzzzzzzzzzzzzzz
  
- ◆ Preview your readings before lectures.
- ◆ Read over your notes once a week.
- ◆ Study with a group 25% of the time.
- ◆ Compare notes with a classmate.
  
- ◆ Start your assignments when they are given
- ◆ Make up exam questions as you study.
- ◆ Don't just read and highlight, RECITE!
- ◆ Write exams neatly.
  
- ◆ SLEEP / Exercise / Eat right / Play☺