



**Alpha Lambda Delta**  
Academic Honor Society



**College is your  
time to thrive!  
Here are a few  
study tips to help  
you succeed.**

For a century, Alpha Lambda Delta has been supporting academic success for first year students. We offer these study tips in hopes of seeing you as a new member soon!

**Lifetime members  
1.3 million +**

**Active chapters  
260 +**

# STUDY TIPS FOR THE HIGH-ACHIEVER



## Show up

You must be present to be successful. Show up for classes and office hours.



## Make a study guide

Creating your own study guide can help you better understand and remember the material.



## Use pictures

Graphs, diagrams, drawings, and charts help boost your memory of class materials.



## Eat a healthy snack

Healthy snacking will help your brain stay focused and give you energy to study.



## Try flashcards

Flashcards are a great tool for memorizing information. Be sure to review them often.



## Take breaks

Taking a short break every hour can help your body recharge and your brain refocus.



## Reward yourself

Reward a study session with a texting break, social media scroll, or a walk around campus.

[www.nationalald.org](http://www.nationalald.org)



@nationalald