

Ned's Declassified Wisc Survival Guide

By: Anuj, Alexis and Trystan

How to Study

- Study with a friend (over zoom too!!!)
- Become a teacher
- Pomodoro technique
 - Work on a task for 45 mins no distractions and take a 15 min break
 - If distracted, write down the distraction and take care of it during your 15 mins
- Learn and understand the process of solving problems



Tips to use during your study sessions

- Keep an organized study space
- Grab some study snacks before hand
- Stay focused extension helps get rid of any distractions on chrome
- Create a goal for each session and space them out
- Plan your study time before starting
- Active Studying
 - While reading create a study where you make questions and problems



Where to study

On campus

- Weldon
- Taylor
- Social Science Building
- Fims and Nursing
- Physics and Astronomy
- Empty classrooms
- WISc Lounge
- Upstairs UCC
- Affiliated Colleges
 - King's Library

Off Campus

- Local Parks
 - -Victoria Park and Gibbons Park (London)
- Coffee Shops
 - Reset Cafe
 - Coffee Culture
 - Starbucks
 - Williams
 - Local Public Libraries

Studying at home

- Have a dedicated study space
- Good natural lighting
- Seperate from relaxation or sleep area
- Make sure area is clean
- Get rid of any distractions around your study space (i.e video game consoles, tv, etc)
- Try to find a spacious place if you can



Things to do in London/Western

- Gibbons park
- Victoria Park
- Skating rink at Victoria Park
- Wednesday's with Rick McGhie (Virtually)
- Masonville Mall/Local Mall - 10, 13, 34
- Bowling Alley
- Soccer field outside health sci or find a local field at hometown
- The Rec Room
- Join a gym



Resources to help you study online

- **Khan Academy**
 - Short lessons in the form of videos
- **EasyBib**
 - Creates citations
- **Quizlet**
 - Allows you to create your own flipcards
- **Self Control**
 - Block internet access for a preset period of time to eliminate distractions while studying
- **GoConqr**
 - Allows you to create mind maps
- **Grammarly**
 - AI powered writing assistant
- **MyStudyLife**
 - Planner
- **Notion**
 - Workspace - Combines all your databases into one



Health & Wellness

Quiet Your *Mind*

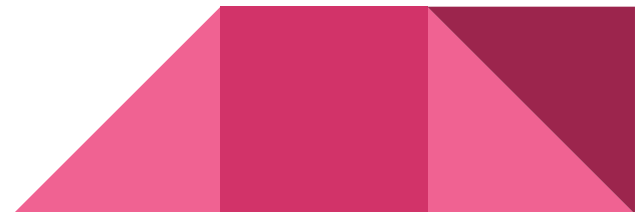
- Self Care
- Relaxation
- Meditation
 - Daily Meditation Podcast
 - The OneMind Podcast
- Yoga

Build Your *Body*

- Fitness
 - Online Classes
 - YouTube
 - Pamela Reif
 - MadFit
- Sleep
- Eat Well
- Hydrate

Nurture Your *Spirit*

- Maintain your social network
 - Socially distanced walks
 - FaceTime
 - Attend Western club events
- Maintain a daily journal





Thank you for listening!!

If you have any questions feel free to ask!!



Enjoy our zoom study session