Here are some tips for optimizing your syntax for SQL queries:

1. Use proper formatting: Make sure your SQL code is properly formatted and indented so that it's easy to read and understand.

2. Avoid using SELECT \*: Instead of selecting all columns from a table, only select the columns that you actually need. This can greatly improve query performance.

3. Use indexes: Indexes can speed up the querying process by allowing the database to quickly find the data it needs.

4. Use JOINs wisely: JOINs can be resource-intensive, so make sure you only use them when necessary. Also, make sure you're using the most efficient JOIN type for your query.

5. Avoid using subqueries: Subqueries can be slow and resource-intensive, so try to avoid using them whenever possible. Instead, use JOINs or temporary tables.

6. Use parameterized queries: Parameterized queries can help prevent SQL injection attacks and improve query performance by reusing query plans.

7. Use appropriate data types: Using appropriate data types can help improve query performance and prevent data loss.

8. Use stored procedures: Stored procedures can help improve query performance by reducing network traffic and improving security.