

## 9 Game ready-building better study habits

Hi everyone,

Today we're looking at building better study habits. Just like you need the right setup and mindset before a competitive match, you need good habits to make the most of your study time.

Let's be honest - the way you've studied before might not cut it now you're on a degree programme. You've got more independent study time now, which means you need to be smarter about how you use it.

Let's look at some habits that actually work:

First up - find your best study environment. Maybe it's your room at home, maybe it's a quiet corner of Timber Lodge, maybe it's in the broadcast or games rooms on campus. Wherever it is, make it your regular spot. Having a dedicated study space helps get your brain into the right mode and where you can properly concentrate.

Routine matters more than you might think. Pick times when you know you're alert - if you're rubbish at mornings, don't kid yourself you'll do quality work at 9am. Be realistic about when you'll actually study, not when you think you should.

Here's something really useful - start with small chunks. Don't try to study for hours straight if you're not used to it. Begin with 30-minute sessions, then gradually build up. It's like building stamina - you need to train up to those longer sessions.

Have everything you need before you start - just like you'd check your equipment before a match. Notes, laptop, water – and not just energy drinks, the sugar levels in those are not so good for you. You might want to watch our Intel 11 on how to be a healthy gamer.

Just have everything with you, as constantly getting up to find stuff just breaks your focus. And yes, put your phone on silent - notifications are concentration killers.

One of the best habits? Review stuff regularly, not just before when assignments are due. Spend 10 minutes going over your lecture notes at the end of each week. It makes a massive difference when it comes to revision time.

Let's be real - some days you'll much rather be gaming than studying. That's normal. But having a routine means you do it anyway, even if it's just for a short session. It's about building that habit. Watch out for time-wasters. We all know how easy it is to fall down a YouTube rabbit hole or get distracted by social media.

Remember - good habits take time to build. Don't expect to transform everything overnight. Start small, be consistent, and build from there.