

## TIPS FOR STUDENTS FROM STUDENTS

# LexisNexis How to Study/Tips

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### Environment

Start thinking about your environment as filled with relationships instead of objects. For example, if you only use your bedroom as a room to sleep in, it will be easier to fall asleep at night because your mind understands the sleep relationship you have with a room. Similarly, choose an environment such as the library, café, or room in a house that you dedicate for studying. When that space is filled with a relationship of studying, it will be easier to focus and be more productive in.

### Outlines

Organize your notes into a brief summary and analysis of each case for classroom discussion. Identify the facts, issues, decision, the court's reasoning, and the ratio. When you're assigned a case to read, look at the case brief in the outline first. It'll help you understand the reading and provide a structured reference guide in class. Most importantly, you can reference your outline during exams, so it is important that you are familiar with the contents of it. The best way to do so is to make your own outline throughout the year!

### Practice Exams

Would you accept a ride from someone who passed their written drivers test with flying colours but has never stepped behind the wheel before? Writing a law exam, especially in your first year, is very different than writing an exam in your undergraduate studies. When you write a practice exam, give yourself a chance to identify and correct your strengths and weaknesses before the final exam instead of finding out on the day of. Also, the more you practice the greater your automaticity will be on the final.



## Study Groups

There are a host of reasons why study groups are key to success in law school. To begin, the more input, the more output. If a study group of 5 writes one practice exam and reviews the content with each other, you now have 5 insights on a question instead of just your own. Furthermore, law school is a taxing experience. Having a core group of friends will make the experience more enjoyable and will create long lasting memories. Grow together, not alone!

## Exercise and Meditation

Aside from taking a much-needed break from studying, exercise and meditation can supplement your study efforts. By exercising for at least 30 minutes 3 times a week, you can improve your focus and stimulate growth of new brain cells. By meditating, you can improve memory, attention span, and focus while decreasing stress and anxiety. Having healthy habits like these can make your great study sessions even greater.

**Have a tip of your own that you want to share with Canadian law students across the country?**

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