Study Safe at Cal

In a recent study conducted at Cal, 83% of Cal students reported that they “Study Safe”, that is, they do not misuse prescription stimulants to assist them academically. The following include tips from students as well as our health promotion team:

- **Plan ahead.** For example, if you have a term paper due at the end of the semester, spend time each week working on a different section of the paper rather than waiting until the last minute.
- **Make a daily work schedule at the start of each week.** Determine what you need to accomplish, when it will be accomplished, and how much time will be needed to complete the task.
- **Ask for help.** If you have a difficult time understanding a topic covered in class or in text, don’t hesitate to ask for help from your instructor, GSI, or campus resources.
- **Have balance.** Remember to include time for physical activity, social activity, and sleep.

For campus academic support resources, visit http://sa.berkeley.edu/conduct/resources/academic.