

Study Strategies Advice

- The more you vary the study materials and methods that you use, the greater the chance that your retention of that material will increase.
- Weekly Review for each course
 - Spaced repetition / distributed practice
 - Randomly select a previous chapter to review throughout the semester on a weekly basis by taking a chapter quiz. It helps keep info from the beginning of the semester fresh.
- Graphic organizers (lists, mind/concept maps, diagrams, charts, reorganize information, etc.)
 - Flashcards (handwritten or electronic – Quizlet or Tiny cards)
- Create a study sheet from your notes & readings; organize & summarize class notes.
 - Recite main ideas from your notes/create a list of main topics without looking (Retrieval Practice).
- Mental Visualization – Create a mental picture of what needs to be remembered. By visualizing, you use an entirely different part of the brain than you do when reading or listening. Words are processed on the left side of the brain. Pictures are processed on the right. Use both sides!
 - Work with a study group. Explain concepts/processes to each other.
 - Break up the type of studying you are doing. Change it up!
- Strategic Reading – (different approaches available)
 - **Preview** – Skim chapter noting headings, diagrams, charts, quiz questions, and summaries
 - **Read Actively** – Read to find info related to each heading, etc. (and material mentioned in class)
 - **Recall** – After each small section you cover, recall info by reciting it, making notes/outlines, narrowing, highlighting, etc.
 - Ideally, do reading assignments prior to lecture. Make note of concepts you do not understand.
 - Even if you do not understand the material, you will have planted the concepts in your head so that the lecture is not the first time you hear about it.
- **Make an exam plan** prior to tests.
- Look at the objectives or any major sections that you need to know about and create study units.
- Place those units into your study time blocks. Within each of those blocks, focus on one of those units. Distribute these across your study times prior to your exam.
 - Study for about 30 minutes or so, take a short break (5-10 min), then come back and interact with that same material in a different way. For example, if you were rereading notes, when you return you could ask yourself, "What are the major terms or concepts I was just looking at?" Then make a list of what you can recall. When you have done all you can, look back at your notes/text.
 - After another 30 minutes or so, take another short break. When you return, try another way to interact with the material (practice quizzes or some other strategy you like).
 - Follow this pattern until you are at the 2-hour mark of studying, then take at least a 30-minute break. Take study breaks! (No more than 2-2 ½ hours without at least a 30-minute break!)
 - When you return to studying, focus on the next unit of info you need to know and repeat the process above. Rotate the units you will be tested on. (Do not forget to keep studying for your other classes as you prep for that test.)