Study Tips

AVOID DISTRACTIONS
- Study in a quiet place.
- Take advantage of study rooms in the residence halls.
- Utilize the library!
- Avoid social media at all costs.
- If you are going to study in your room, avoid music, television, Netflix, and other distractions.
- Form a study group with people from your class—that way you will be more likely to stay on topic than if you were studying with friends!

GO TO CLASS
- Attend every class and try to sit in the same seat every time.
- There is no substitute for your own lecture notes!
- After each class you will have a better understanding of material and more thorough notes to help you study!
- It is important to attend class so you don’t miss the lecture, important announcements, changes in the schedule, etc.

SET STUDYING GOALS & USE TO-DO LISTS
- Know what you want to accomplish each time you sit down to study.
- Be specific about your studying goals. For example, instead of saying “Study for CHM,” say “Study CHM Vocabulary Words for Chapters 10-12.”

PLAN AHEAD
- Avoid cramming by establishing regular study sessions for yourself.
- Organize your assigned readings, notes, and flashcards so you have everything all set when it comes time to study.
- Space out your study sessions—study two hours a day for 4 days in a row instead of pulling an 8 hour all-nighter.
- Break up information into small chunks and review it over a long period of time.

IMPROVE MEMORY RECALL
- Study in a group and teach each other about a topic—if you can teach it, you’re more likely to remember it come testing time.
- Study before bedtime—When we’re sleeping, the brain strengthens new memories.
- Use a wide range of methods to remember material (for example, reciting aloud, writing down, and active reading).
- Writing with colored ink that is not blue or black helps you retain 50-80% more information!
- Use different colored highlighters to group related concepts together—this will help you to better visualize the material.
- Spend more time studying difficult information first and then move on to the easier info.
- Utilize mnemonic devices.

SWITCH IT UP
- Always make sure to take breaks; this will enhance productivity and boost your ability to focus.
- Research suggests studying the same information in a different place every day makes us more likely to retain what we’re studying.
- If you get bored easily, don’t stick to one topic; study several subjects in one sitting.

DON’T BE AFRAID TO ASK FOR HELP
- Your professors are there to help, so raise your hand when you have a question or need clarification!
- If you’re lost, you’re not learning—make sure to never leave a class with unanswered questions.
- Visit your professor’s office hours!
- Utilize Tutoring Services, the Writing Center, and the Math Assistance Center.
- Supplemental Instruction (SI) sessions are available for historically difficult classes so you can get additional time to learn materials.