

17 WAYS TO IMPROVE YOUR STUDYING

1. Chart your "actual" hours of studying and other activities
2. Study at the right time - before or after class.
3. Study one subject in the same way only ONE HOUR AT A TIME. (You can study for several hours at once, but make sure to switch subjects or switch study methods, such as taking a self-made practice test, then reviewing lecture material.)
4. Keep a planner to keep track of your assignments.
5. Keep all your material for all classes in one notebook.
6. Instead of highlighting - use SQ3R (SQ4R) : * summarize * question *read *recite *review *'riting
7. Note-Taking
 - A. Cornell Method: note key points on left-side of page, regular notes on right.
 - B. Mind-Mapping: a visual approach-put ideas in expanding, connected circles.
8. Study Groups - everyone can bring sample quizzes or sample questions (with answers).
9. Cramming - avoid!
10. Find previous exams, especially from the same professor, and use for practice tests.
11. Where to study.
 - . If possible spend some time studying in same room as exam.
 - A. Also study in a variety of different places and over as long a period of time as possible.
 - B. During the exam-when stuck, think about the place(s) where you studied.
 - C. Study under the same conditions as when you will take the exam, especially if taking a practice test.
12. Use visualization to imagine success, think about past success, and/or imagine the test as a contest.
13. Learn material from as many different ways and places as possible.
14. Make information personally meaningful. Attach it to what you already know.
15. Method of Loci/Pegword System- attach lists to be memorized with other linear objects (such as what you might see as you walk across campus).
16. Quiz yourself frequently and in the way you will be tested.
17. Get help when struggling (tutors, disability assistance if needed, academic &/or personal counselors).