

# Study Skills

# Avoiding 10 Common Study Traps

Study Traps	How to Avoid Them
<p>"I don't know where to begin."</p> <p>"I've got so much to study and not enough time."</p>	<ul style="list-style-type: none"> <li>● Preview: look over your syllabus day 1</li> <li>● Make a to-do list, identify the most important topics, and prioritize your work</li> <li>● Break assignments into small chunks, frequently review readings and notes</li> <li>● Use time between classes to review</li> <li>● Schedule study sessions with realistic goals, give yourself planned breaks</li> <li>● Begin a couple weeks out with an hour and build up to more as the exam gets closer</li> <li>● Identify topics you don't understand well – get a tutor to help clarify &amp; review</li> </ul> <p><b>Handouts to Help:</b> <i>Breaking Down Large Assignments, How to Prioritize, Pomodoro Technique</i></p>
<p>"This stuff is so dry, I can't even stay awake."</p>	<ul style="list-style-type: none"> <li>● Be actively involved in your reading</li> <li>● Ask questions as you read</li> <li>● Take notes/summarize as you read</li> <li>● Discuss the material with other students</li> </ul> <p><b>Handouts to Help:</b> <i>Reading Using SQ3R, Annotating, Highlighting, Pre-reading</i></p>
<p>"I read it. I understood it, but it won't sink in."</p> <p>"I guess I understand it."</p> <p>"I knew it a minute ago."</p>	<ul style="list-style-type: none"> <li>● Elaborate on new info with your own examples</li> <li>● Integrate what you're studying with what you know</li> <li>● Relate concepts to each other and to something from your own life</li> <li>● Keep in mind what your professor stressed, try to make up test questions, and test yourself</li> <li>● Mnemonics: turn process or info into small phrases or words</li> <li>● Studying small amounts frequently will help with recall later</li> <li>● Reading assignments:             <ul style="list-style-type: none"> <li>○ Make section titles in reading's questions to answer while you read/review</li> <li>○ After reading a section, quiz yourself</li> <li>○ Summarize paragraphs in your own words</li> <li>○ Use the questions at the end of the section and/or chapter to check your knowledge</li> <li>○ Read one time w/o doing anything other than reading; read a second time so that you can highlight, make notes, and summarize sections</li> </ul> </li> </ul> <p><b>Handouts to Help:</b> <i>10 Ways to Study Smarter, Concrete Examples, Dual Coding, Elaboration, Interleaving, Retrieval Practice, Spaced Practice, Study Cycle</i></p>
<p>"There's too much to remember."</p>	<ul style="list-style-type: none"> <li>● Organize the info to make it easy to recall</li> <li>● Write chapter outlines or summaries</li> <li>● Group info into categories, hierarchies, webs</li> <li>● Map the info visually – charts, pictures, diagrams</li> </ul> <p><b>Handouts to Help:</b> <i>Cornell Notes, Outline Notes, Mapping Notes, Charting Notes, Concrete Examples, Dual Coding</i></p>
<p>"But I like to study in bed."</p>	<ul style="list-style-type: none"> <li>● When study context matches test context, recall is better</li> <li>● Having a specific study location helps your mind focus when you use it</li> <li>● Using your bed for studying can cause sleep issues</li> </ul>
<p>"Cramming helps me keep it fresh in my mind."</p> <p>"I'm going to stay up all night until I get this."</p>	<ul style="list-style-type: none"> <li>● Cramming may work for the test, but not for long-term retention</li> <li>● Studying should be a regular activity on any non-class day for each class</li> <li>● Start studying for exams about 2 weeks out – not only to help with studying but also so you have time to ask questions or use supports</li> <li>● Physical and mental exhaustion affect each other – being physically tired affects your ability to think and process; being mentally exhausted impacts your physical health</li> <li>● You want a rested body and mind before a test</li> <li>● Nearly every human requires 7-9 hours of sleep per night – all nighters can be detrimental</li> <li>● Lack of sleep will negatively impact mental and physical performance up to 30%</li> </ul> <p><b>Handouts to Help:</b> <i>Spaced Practice, Self-care 101, Building a Study Schedule</i></p>