

Study Skills

Study Tips

Avoid Procrastinating

Waiting to study causes unnecessary stress & can set you up for failure! Use Your syllabus & plan out study sessions.

Location Matters

Study in quiet, comfortable, & distraction-free places. Changing locations can help you retain information better.

Snack Smart

Caffeine is not a food group - keep your intake to a minimum. Get yourself fed. Keeping yourself hydrated with H₂O & fed will help you stay focused.

Get Enough Sleep

All nighters are risky. When you are tired, you are less focused & cramming the night before can reduce the amount you remember

Got Finals?

Review Tests, Quizzes, & Homework

Comprehensive final exams can include some of the same questions from previous work in your course. Reviewing those questions & answers will benefit you.

Create Study Tools 1 Week Before the Final

These can hasten your study time. Creating study tools requires you to review material to create the study tool and ensure your study tool is right.

Also writing down information again when creating them can help commit it to memory.

Form a Study Group

Study groups can help increase personal accountability – you are more likely to study & stick to it if you have a group. Be careful – ensure your group is staying on task & is sharing accurate information.

Test Yourself

Tests really are the best way to check information retention. Practice tests can help you identify knowledge gaps.

Play Expert

Explain a topic to a friend or roommate – go until you don't know something – when you are unsure or just don't know you've identified a gap. You can also have the friend or roommate ask questions. If you can't answer them, you've identified another gap.



Burned Out?

Burnout & Procrastination Symptoms of a Poor Strategy

Have you ever had a looming deadline and forced yourself to study in the library, cutting out all social activities and fun, and then beat yourself up for getting distracted and wasting time?

How to Study Hard and Not Burnout in 3 Steps

1. Concrete study hours with ample rest time

You cannot study nonstop. You need sleep, food, and a break to be able to study effectively. The bigger the exam or deadline, the easier it is to feel like you can. You need “rest” time, too. **Try it! Schedule time to study a week BEFORE:** Use your daytime hours – time between classes and early morning hours (8 am, not 2 am) when you are most awake and alert get study time in.

2. Switch passive learning tasks to active ones

Passive learning requires learners to absorb, assimilate, consider, and translate information *i.e.* reading notes or skimming readings.

Active learning requires learners to think, discuss, challenge, and analyze information *i.e.* self testing or the Feynman Technique.

Active learning is mentally taxing. You may need to ease yourself into it if you are transitioning from a burnout schedule.

3. Build a comfortable, distraction-free working environment

If you study in an area with distractions, you will probably get distracted. If you don't need internet to study, find a dead spot. Need a large table to spread out, find one and claim it. Need quiet, hit up the library. Can't study around your friends, find a spot away from them and don't share its location. If you are easily distracted by phone notifications, set your phone to DND, silent, or don't even bring it.

Avoid: chatting with your friends, surfing the internet, or scrolling the 'gram. These activities are very distracting and probably more interesting than studying.

Need to make the change?

1. Redesign your study schedule to follow the steps above
2. Ease yourself into the new schedule

