



Learn How to Study

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Prepping for Success¹

1. Schedule your time

- a. Write down your study sessions in your planner/calendar
- b. Aim to study a little bit everyday instead of all at once just before a quiz, test, or exam

2. Study at your own pace

- a. Everyone learns at different paces, only you know what's best for you

3. Sleeping is vital

- a. Memory function increases with regular adequate sleep (7 to 8 hours per night)

4. Eliminate Distractions

- a. Specifically your cell and TVs
- b. Interruptions like these break concentration and reduce the brain's ability to study

5. Relax

- a. Get ready to study
 - i. Create a list of goals, take some deep breaths and/or do some light exercise prior to studying
- b. After studying have some fun
 - i. Hang with friends, sports, video games, draw, do whatever it is you enjoy doing to reduce stress so you are ready for your next study sessions



Retrieval ²

1. Retrieval practice also known as “Blank Page Testing” involved a blank piece of paper, a writing tool, and your memory
2. Retrieval practice is recalling information (concepts, ideas, methods, people, dates, etc.) from memory with no tools or hints
3. This method of study allows you to see what you already know, and therefore don't need to spend as much time studying moving forward
4. This method of study also shows what gaps in information and topics need more attention when studying
5. Retrieval is best used the first time studying material and near the end



Quizlet is Your Best Friend

- Quizlet is an online tool used to help make studying a bit easier!
- There are many different ways to use Quizlet and this video will help you navigate it:

HOW TO USE
QUIZLET

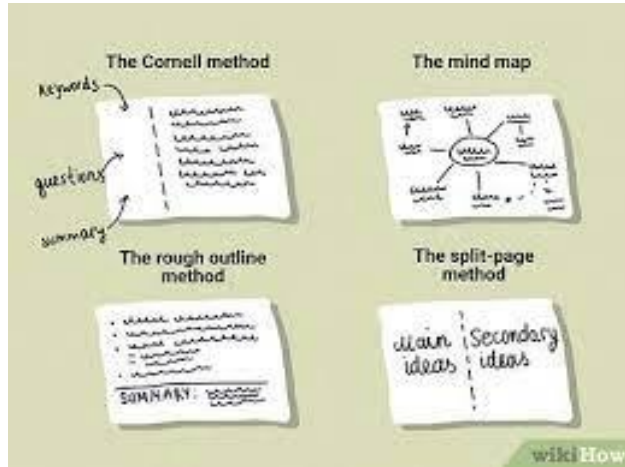


Note Taking³

- Taking good notes is KEY for getting a good study session in.
- Some tips for note taking:
 - Make sure you can see the board
 - Get organized
 - Get a specific notebook for each class
 - Colored pens/highlighters?
 - Take notes on paper
 - If you like digital better, maybe try a note-taking app
 - Keep your notes short
 - Use abbreviations
 - Use main points
 - Multitask
 - Listening and trying to obtain while writing notes
 - Add in visuals?
 - After taking notes, write down any questions you still have



Organizing Your Notes



- There are many ways to organize your notes for each class.
- You can try:
 - Making each main point a different color
 - Organize by topic
 - Rewriting old, sloppy notes
 - Create diagrams in your notes
 - Highlight main words/points you need to focus on
 - Use a binder
 - Sticky notes

Creating Your Own Study Guide



- Repetitive writing or typing can assist in memorizing information
- When going through your material create your own question sheet and a separate answer sheet
 - If you were to make the test or quiz what questions would you ask?
- The more questions you can create and answer the more likely you are to be prepared

Discussion

- Put it all together and become a Teacher
 - Teaching someone else is a great way to help understand the material you need to learn
- Find a classmate and study together (Prepping for Success)
- Try explaining as much as you can from memory (Retrieval)
- Read through your notes out loud (Note Taking and Organizing your Notes)
- Ask questions from your study guide (Quizlet is Your Best Friend and Creating Your Own Study Guide)



References

1. [25 Scientifically Proven Tips for Effective Studying \[2022 Edition\] \(mydegreeguide.com\)](https://mydegreeguide.com/25-scientific-proven-tips-for-effective-studying-2022-edition/)
2. [Effective Study Strategies – Learning Strategies Center \(cornell.edu\)](https://learningstrategiescenter.cornell.edu/effective-study-strategies/)
3. <https://post.edu/blog/preventing-information-overload-note-taking-tips-students/>