

Studying: The When, Where, How, and the World Around You

There are multiple ways to stay focused when you are studying. Knowing the when, where, and how of studying, while taking the world around you into consideration can help you to fully concentrate while you are studying.

STUDY WHEN:

- Plan to spend two hours studying for every hour you spend in class.
- Study difficult subjects first.
- Avoid scheduling marathon study sessions.
- Be aware of what time of day you are the most alert and energized.
- Use waiting time.

STUDY WHERE:

- Choose a place that minimizes visual and auditory distractions.
- Use the same study spot as frequently as you can.
- Use the library or empty classrooms. Don't try to force yourself to focus in a noisy dorm.
- Don't get too comfortable. Sit, or even stand, so that you can remain productive.
- Find a better place to work when productivity falls off.

STUDY HOW:

- Consciously be active in the way that you are studying.
- Check off each paragraph or section that you completely understand with a pencil.
- Read with inflection.
Stop often and summarize out loud.
- Stop periodically and visualize what you just went over.
- Use available resources to quiz yourself on the material.
- Make study guides that you can use to test your understanding.

STUDYING USING THE WORLD AROUND YOU

- Ask "what do I already know about this topic?" to draw connections.
- Pay attention to your attention.
- Agree with roommates about study time protocol.
- Avoid noise distractions.
- Get off the phone and internet.
- Learn to say "no".
- Hang a "do not disturb" sign on your door.
- What are tasks that can be accomplished towards your goal?
- Don't beat yourself up or be a perfectionist when studying.
- Know when you are wasting your time.
- Is there anything else you could do better to stretch yourself?
- What makes the material you are studying unique?

Studying: Focus and Concentration

Many college students complain about their lack of ability to stay focused on their academics. Don't just complain about it; identify your problem, and do something about it!

If you...	Try to...
<p>Are not interested in the subject you are studying...</p>	<p>Find a way to get involved with it:</p> <ul style="list-style-type: none"> • Solve problems • Create test questions • Find websites related to the topic • Study aloud with a classmate
<p>Don't know much about the subject...</p>	<ul style="list-style-type: none"> • Ask your professor • Buy a review book • Look up info on the internet • Ask a librarian
<p>Daydream while studying...</p>	<ul style="list-style-type: none"> • Make a list of specific tasks to accomplish • Set a time limit for each task • Reward yourself when you complete the list
<p>Get easily distracted while studying...</p>	<ul style="list-style-type: none"> • Choose a study spot that is only for studying • Make a conscious effort to not be distracted
<p>Fall asleep while studying...</p>	<ul style="list-style-type: none"> • Set regular bedtimes during the week • Make a conscious effort to eat healthy foods • Get some exercise each day • Know what times of the day are best for you, and schedule them as regular study times • Take regular breaks
<p>Worry/think about other things while studying...</p>	<ul style="list-style-type: none"> • Make a to-do list to stay on track, or keep a detailed calendar • Talk to professionals on campus—your advisor; a counselor at SHAW; the SSC