

Study Skills Tips + Tricks

Schedule short and regular study periods. You aren't going to study unless you reserve time for it each week. Your brain can process and retain information better when it doesn't have to absorb a lot of information at one time. Instead of cramming in five hours of studying before your exams, set aside 4 to 5 short sessions each week to review class materials. Refer to the **Forgetting Curve** and **Study Cycle** documents on the SSC website for more information.

Study in a designated study spot. Determine a place on campus or at home that you can study in every time that is NOT your bed. Having a consistent place free of distractions (i.e., no roommate discussions; no TV; no loud music, etc.) will help your brain associate your study spot with getting work done. Studying is a lot easier when you know where you are going to go, and when you have all of your necessary materials with you.

Don't wait until you "feel like studying". If you wait to start studying until you feel motivated and inspired, you likely will never want to start. Just like athletes have to train every day, regardless of whether or not they feel motivated to work out, so too must we prepare for our tests and other assessments. Use your scheduled study time every week, because repetition and hard work will help you retain the material better.

Study during the daylight hours. College allows the freedom of scheduling your classes and activities--you don't have to wait until the end of the night to start studying or working on your assignments. Use breaks in between your classes to study and review class materials. Encourage yourself to develop a habit of starting on longer readings or writing papers during extended breaks between classes.

Start with your most difficult subjects first. Studying takes energy, and you have the most energy to devote to studying when you first start a **Focused Study Session**. You will have an easier time concentrating on the more challenging class material when your mind is fresh, and then you can enjoy working on your favorite subjects once you have tackled the more difficult ones.

Study Skills Tips + Tricks, Part 2

Set specific studying goals. Setting a SMART goal for your study session can help you keep track of your progress and help you move through your to-do list more quickly. Don't panic if you can't accomplish every goal you've set in one Focused Study Session--simply return to those goals on your next session.

Variety is good. Changing between subjects and tasks after a Focused Study Session will help you to get the most out of your studying time. Remember to take breaks before moving on to something new!

Good notes are the best way to help you retain the information you are studying. Learn to take notes efficiently as your instructor stresses important points. Don't be afraid to utilize different note-taking techniques for your different courses, and to take notes in a different method when you are completing a reading assignment, versus when you are attending class and taking notes on the course material.

Start assignments early. The quality of your paper is dependent on the amount of time that you spend working on it. Spread the workload throughout a few weeks in advance of the due date to give yourself time to revise your work. You can avoid taking away valuable study time from preparing for your exams by completing your paper assignments ahead of time.

Remember to take breaks. Giving your brain a chance to rest and recover in between tasks and assignments is essential to maintaining balance. Refer to the Study Cycle for ways you can split up your Focused Study Sessions.

Study Skills Tips + Tricks, Part 3

Reward yourself. Rewards are incentives to keep you going. Once you reach a study goal, give yourself a reward! This can be a piece of candy; taking a short walk; a 5 minute social media break; or something else that you find to be motivating.

Other Resources from the SSC to Refer To:

- **The Study Cycle on the SSC website**
 - This will help break down how to make the best usage of your time inside of class and out
 - Also includes information on a **Focused Study Session** and how to study efficiently
- **Study Skills Checklist**
 - Use this checklist to make sure you have everything you need to have an effective Focused Study Session
- **Study Skills: What Went Wrong Flowchart**
 - If you don't know where to begin, refer to the flowchart on the SSC website for study methods best practices.
- **Note-Taking Tips + Tricks**
 - This resource is designed to help you determine the best method to take notes, depending on the course and whether you are completing a reading assignment, or if you are in class following along with the instructor.
- **Weekly Planner (fillable PDF)**
 - Use this planner to help you schedule designated time in your week to study for your classes. Having a schedule will help you to manage your time more effectively
- **Tutoring and Supplemental Instruction**
 - Sign up for tutoring and/or supplemental instruction to help you master the course material. Both tutoring and SI are available for free to students--just refer to the SSC website for more information on which courses are available, and how to sign up.
- **Academic Skills Tutoring**
 - Still struggling with study skills, time management, note taking, or test taking strategies? Book a free appointment with one of our Academic Skills Tutors to help you determine which strategies will be the most helpful in your academic success.