

STUDY TIPS

Everyone learns differently! Try to blend approaches using different senses and see what works best for you.

Here are some tricks to try:



AUDITORY



- Record your lectures instead of taking notes and listen back to them
- Recite information without reading it from your notes
- Discuss the material with classmates and quiz one another

VISUAL



- Color-code all of your notes and study materials
- Use flow charts, diagrams, drawings and graphics to conceptualize material
- Write out directions given by your professor

PHYSICAL



- Make models or participate in lab work to learn the material
- Use your laptop to take notes if possible
- Take frequent breaks when studying and work on memorization when walking or exercising

TIPS FOR EVERYONE



- Keep a detailed to-do list, including assignments & exams
- Have a set place & time to study
- Take notes in your own words & keep them organized
- Take exam review assignments seriously
- Read your textbook thoroughly, but start out with a skim for basic information and understanding
- Make sure to stay healthy - physically, mentally & emotionally!



TRY OUT DIFFERENT STUDY TECHNIQUES TO FIND WHAT WORKS FOR YOU.

DON'T RELY ON CRAMMING!

Information that is crammed is stored in your short-term memory, meaning you'll forget it extremely quickly. It also takes longer to learn information under pressure, meaning it would take less time to study over a period of time.

If you must cram to get by, focus on a few key elements, use mind maps and flash cards and recite, recite, recite!

