

YOUR GUIDE TO STUDYING SMARTER

NOT HARDER...



DID YOU KNOW?

THE AVERAGE COLLEGE STUDENT SPENDS ABOUT 17 HOURS PER WEEK STUDYING, WHICH MEANS IT'S IMPORTANT THAT YOUR TIME IS WELL MANAGED.

BEST PRACTICES FOR RETAINING INFORMATION

These tips will help you pace your learning so you can remember as much as possible.



STUDY IS MULTIPLE SMALL SESSIONS

Cramming everything at once can make it difficult to remember all the details. It is not effective.

EXPLAIN WHAT YOU'VE LEARNED

Using your own words will help solidify your memory and ensure you understand the material.

TAKE REGULAR BREAKS

Relaxing for 15 minutes every hour will give your brain time to rejuvenate between sessions.

4 COMPONENTS OF A SMART STUDY PLAN



TAKE GOOD NOTES

- Paraphrase the professor's lecture and notes so they are in your own words. Don't try to write everything down your professor says.
- Note verbal cues from your professor, such as, "This is an important point."
- Always take notes on something the professor repeats or emphasizes.



READ ACTIVELY

- Read passages at least twice.
- Read critically by asking questions of the text.
- Make notes in the margins and highlight important paces or passages.
- Write a short summary to check your comprehension.



MANAGE YOUR TIME

- Do not wait until a day or two before an exam to study. Study throughout the week.
- Schedule study time in your planner.
- Consult your class syllabus so you can plan ahead for big projects and exams.
- Reward yourself when you complete a task.



EXAM PREPARATION

- Read/re-read the text and review your notes early and often.
- Take as many practice tests as you can get your hands on or make up your own.
- Make flashcards of important ideas or vocabulary.
- Explain a key topic to a friend or family member; let them ask questions.



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