Study Skills

In Class: Overcoming Distractions

- **Sit near the front.** Keep focused and attentive.
- **Eliminate distractions.** Items like ipods and phones prevent concentration.
- **Concentrate:** on what the professor is lecturing about and take supporting notes.
- **Catch yourself:** when you start zoning out and re-focus on what is being presented.

**After Class: Make it Knowledge**

- **Rewrite and reorganize your notes.** This not only allows you to create a neater, edited set of ideas for studying, but also provides an immediate rehearsal to help turn information into knowledge.
- **Highlight the important stuff.** Take the time to underline or highlight the ideas that stand out as the most likely to appear on the test. Write notes in the margin that will make the information more meaningful to you.
- **Summarize.** Answer questions like “what were the main points of the lecture?” and “how does this relate to the overall chapter?” Be sure to formulate answers in your own words!
- **Identify ideas that are confusing.** Take notes and formulate questions about what remains unclear to you. Seek out answers from your classmates, instructor, textbook, or tutoring.

Daily Strategies

- **Associate.** Try to make associations between what you already know and what you are learning. Making these connections will make the information more relevant and easier to remember.
- **Pictures.** It is sometimes easier to remember something if you visualize it. Try to drawing your own picture or recreating a figure from the text.
- **Flashcards.** Using flashcards can be a very useful tool. It’s best to study 7 cards at a time. When you’ve mastered 7, you can add to the group, or move on to a different set of 7.
- **Environment.** Study in a place that you are productive. Find a place where the noise level and activity suites you. Try to create a space where when you sit down you know it is time to study.
- **Create a Study Group.** Studies show that when students study together they retain up to 90% more than if they were to just attend lecture.
  - Be brave and ask 2-3 students from your class if they would like to form a study group.
  - Discuss possible meeting days, times, and locations that will work for the group.
  - Make a commitment to the group. If each person makes the commitment to meet at the designated times, comes prepared to the session, and attends class, then success will be natural.