

GENERAL STUDY SKILLS

Over the course of your career in college, studying for homework, quizzes, exams, and finals will consume a large portion of your time. The stronger your study skills are, the more successful you will be. Unfortunately, there is no single piece of advice or study strategy that will lead to success. Being a well-rounded student with excellent study skills is the best way to ensure success.

Study Timeline

Establishing a consistent timeline to study before large tests and assignments is critical to being an effective student. Use the following timeline to create a plan for doing all the studying you need to do.

Daily Reviews

- Studying for a class should be a daily event!
- You will get the most out of lectures and be most efficient if you review EVERY DAY!
- Research shows that if you do not do some sort of review the day you learn new material, you will forget 50-80% of what you knew when you left lecture.

Weekly Reviews

- Use this to connect your daily reviews together, and eventually, week to week.
- This is an excellent time to start making study guides and review sheets. Keeping your notes and review materials organized is the best way to prepare for large assignments.

Pre-Exam Review

- This should be a final a final check over the material for the exam.
- Since you have been doing Daily and Weekly Review, there should be no cramming necessary!
- Work in small chunks to avoid burning out before the exam. This review should be approximately 3-5 hours. Studying in one hour periods helps to avoid over doing it.

Your Study Environment: It's not just how you study

Where you study is just as important as what you are doing when you study. First and foremost, distracted studying is not really studying. Whether it is a group study session that does not get down to business or Facebook, if you aren't concentrated on your material, you are simply wasting valuable study time. Ask yourself these questions to see if you are setting yourself up for success.

- Am I better studying in the library or in my room?
- Does studying in a group work for me?
- Is drinking tons of caffeine healthy for my studying?
- Should I have music on?
- Do I study best in the morning, during the day, or at night?

Reflection: *In the space below, answer the questions above related to your current study environment and identify alternatives.*

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Studying: A Multifaceted Process

Think about each of these areas as you consider your studying. There may be other areas you need to address, depending on your study habits. There are numerous resources on campus to help with each of these areas, and more. See the resources at the bottom of this page to begin looking for academic support.



Activity: Outlining Areas to Focus on

Each course requires a different set of skills for success. Use the following chart to map out areas to focus on in each of your courses.

Course	Area to Focus 1	Area to Focus 2	Plan to Address Areas of Focus

RESOURCES

University Counseling Service 3223 Westlawn South 319-335-7294 ucs@uiowa.edu http://counseling.studentlife.uiowa.edu/	Academic Support & Retention 310 Calvin Hall 319-353-2747 tutoriowa@uiowa.edu http://tutor.iowa.edu
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