

GENERAL STUDY SKILLS

Over the course of your college career, you will spend a significant amount of time studying for homework, quizzes, exams, and finals. The stronger your study skills are, the more successful you will be at meeting your goals. 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.

1. **Create a study timeline.** Establishing a consistent schedule 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

- You should study for a class every day. If you do, you will get the most of lectures, be able to study efficiently, and feel more prepared for an exam
- Research shows that if you don't review the day you learn new material, you will forget 50- 80% of what you knew when you left lecture!

Weekly Reviews

- Set aside a time to connect your daily reviews together
- This is also an excellent time to start creating a study guide or review sheet. Keeping your notes and review materials organized is the best way to prepare for large assignments or exams

Pre- Exam Review

- Use this time to do a final check over the material for the exam
- Work in small chunks to avoid burn out before the exam. Your review should take approximately 3- 5 hours

2. **Get enough sleep.** Studies show that students who get 7- 9 hours of sleep the week of a big exam, presentation, or paper tend to feel more confident and achieve higher scores
3. **Utilize your planner or daily schedule.** Try building time to study in-between classes, while you wait for the Cambus, or when you have a break during work
4. **Create a checklist of everything you need to study.** By creating a checklist, you can visually see what you need to complete and by when it needs to be completed. This can also help you plan ahead!
5. **Find time to study during your everyday life.** Instead of checking Facebook during commercials, read through your notes! Think creatively of all the small timeframes you could potentially use to study, and take advantage of each!



6. **Create a vocabulary and key terms journal.** Find a fun notebook and as you progress through your lecture notes and textbook, jot down the key words!

7. **Teach the material to a friend.** Studies have proven that if you can teach a topic to another person, then you officially understand it! Teaching also reinforces the topic to our memories and helps build our confidence for exams.



8. **Choose your ideal study environment.** Just as everyone learns in a different way, everyone studies in a different way as well. Unfortunately, this might mean you and your roommates need to spend some time apart. If you feel you are “distracted studying” (chatting with your friends, spending more time watching TV than reading your textbook, or checking Instagram too frequently), ask yourself these questions and determine how and where to set yourself up for success!

- Am I better studying in the library or in my room?
- Does studying in a group or individually work best for me in this class?
- Should I have music on? Am I listening to music that helps me concentrate instead of distracting me?
- Do I study best in the morning, during the day, or at night?



9. **Ask your professor/ TAs for help.** If you are unsure about the material or feel you aren't studying the essential key points, ask your instructor for some help!

10. **The 30/ 10 rule.** Dividing your time into chunks has been proven to be the most effective way to study. Set a timer for 30 minutes and study the material without distractions. Then, take a 10-minute break to walk around, check your social media, or socialize with friends!

11. **Take breaks!** Taking a 10- 20 minute break between study sessions is the most efficient way to study. Consider exercising, deep breathing, taking a shower, or chatting with friends.

