

Creating A Study Plan

Where am I most productive?



What time of day?



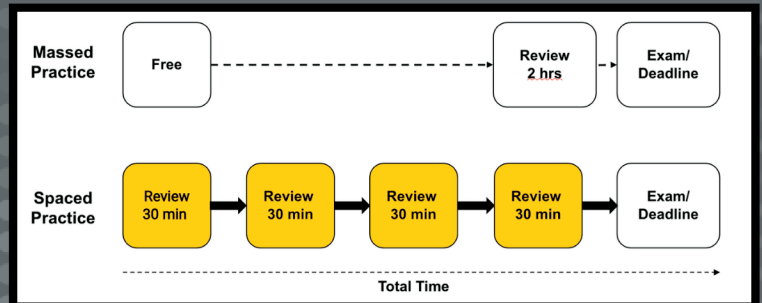
What typically distracts me?



Let's Use Effective Strategies

Space Out Your Studying

- Rather than studying for hours at a time, break it up!
- You can still spend the same amount of time “studying”
- This helps build your memory & alleviate stress!



Try the Power Hour

- Spend 45 minutes without all distractions, just concentrating
- Then, take a 15 minute break where you can
 - Walk around
 - Check your phone
 - Get a snack!



Let's Work Smarter!

Curbing Distractions

It may seem harmless to check on your phone, watch tv, talk to others or whatever else distracts you,

BUT

It's constantly switching your focus, making the time you spend studying take longer & less effective.

Use Active Strategies!

Self Testing

- Create practice tests, use flashcards, or just cover up your notes
- See how well you can recall concepts from memory!

Teach the Material to Others

- Try explaining what you're learning to others!
- If you notice you are having trouble explaining certain concepts, focus more on that!

Get Planning!

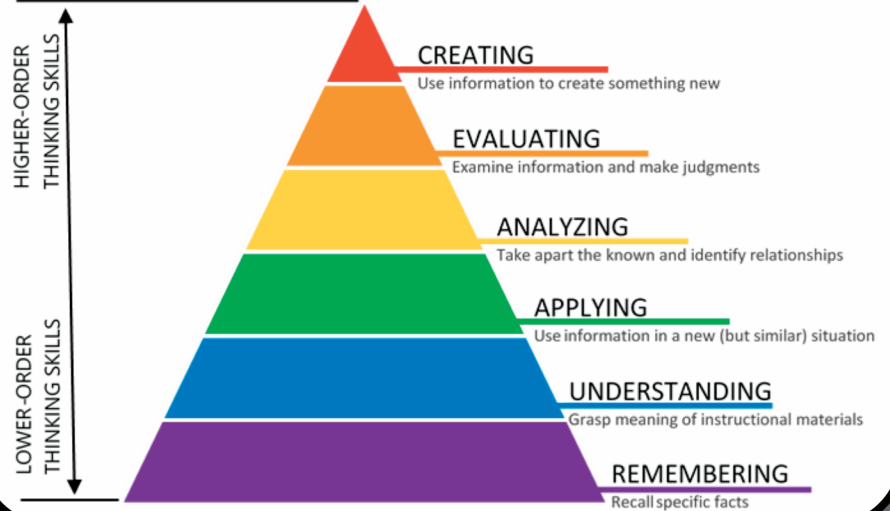
Course: _____

Cumulative? Yes | No

Study Guide? Yes | No

Days Until the Exam: _____

BLOOM'S TAXONOMY – COGNITIVE DOMAIN (2001)



Unit: _____

Use this resource to help you with targeted study questions!



Course material that will be helpful:



This could be...

- Previous readings
- Quizzes
- Study Guides

As You Study, Ask Yourself:

- Is my approach effective?
- Do I understand what I am learning?

Most important concepts & information:



Strategies I am going to use:



Resources to seek out:



This could be...

- Supplemental instruction
- Office hours
- Tutoring or help centers
- Study Groups



IOWA

Academic Support
and Retention

108 Calvin Hall
319-467-1561
tutoriowa@uiowa.edu
http://tutor.uiowa.edu