

STUDY STRATEGIES

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Helpful Tips

GENERAL STUDY TIPS

DON'T CRAM

Easier said than done.

- Time management
- Pomodoro method
- Take breaks
- Prioritize sleep
- *Avoid marathon study sessions in favor of shorter focused high-intensity studying*

READING IS NOT STUDYING

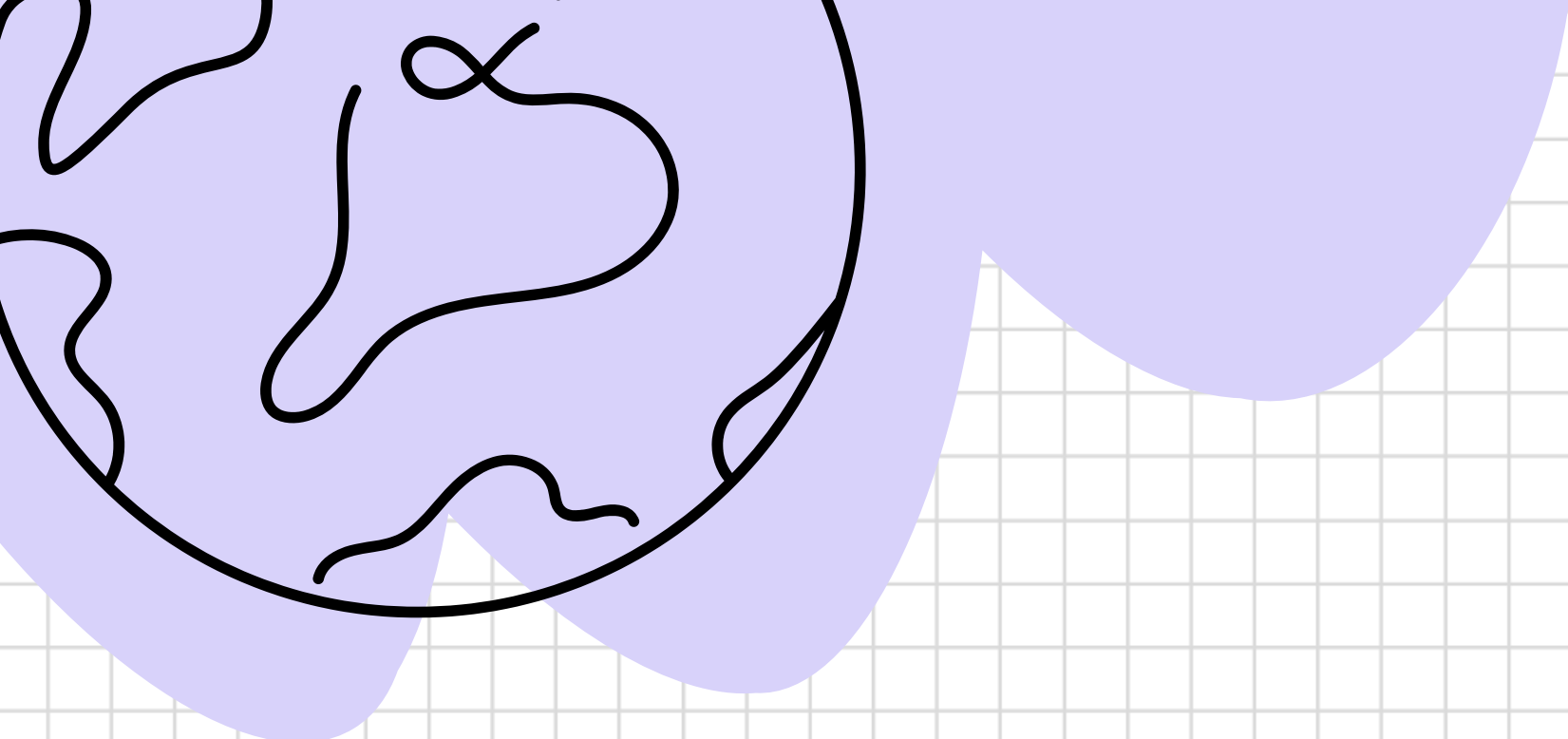
Reading the textbook or your notes does not equal study time!

- Research backs up ACTIVE study strategies
- If reading is preferred, use SQ4R to boost understanding & retention.

SPEAK UP

Ask for help as early and often as possible. Write down your questions and ask them.

- Office hours
- Tutoring
- Success coaching
- Study groups



GET TO KNOW THESE 7 STUDY STRATEGIES

SQ4R: survey, question, read, recite, record, review

Retrieval Practice: practice tests; flashcards, teach

Spaced Repetition: preview, view, review

Leitner System: flashcards; easy/medium/hard

Concept/Mind Maps: visually organize connections

Notes: rewrite; color/highlight; Cornell, paraphrase

Interleaving: switch between two subjects



Helpful Tips

TIME SAVING TIPS

THE POMODORO TECHNIQUE



STEP 1
CHOOSE THE TASK



STEP 2
SET A TIMER FOR
25 MINUTES



STEP 3
WORK ON THE
TASK UNTIL TIMER
BEEPS



STEP 4
TAKE A SHORT
BREAK OF 3-5 MIN



STEP 5
REPEAT THE CYCLE 4 TIMES
TAKE A LONGER BREAK AFTER 4 SESSIONS

CHOP IT UP



- Chop up your large assignments, projects, and study time into smaller tasks.
- Write it down.
- Focus on one at a time & cross off as you go.

Helpful Tips

READING + NOTETAKING TIPS

SQ4R

S = SCAN

each page quickly.

Q = QUESTION

as you scan.

R = READ

(does *not* mean reading every word.)

R = REFLECT

– think about what you've just read.

R = RECITE

aloud to yourself as you read;
talk to yourself.

R = REVIEW

what you've just read.

Cues

- * Main ideas
- * Questions that connect points
- * Diagrams
- * Prompts to help you study

WHEN:
After class
during review

2.5 inches

Notes

- * Record the lecture here, using
 - * Concise sentences
 - * Shorthand symbols
 - * Abbreviations
 - * Lists
- * Skip lots of space between points

WHEN:
During class

6 inches

Summary

WHEN:
After class during review

- * Top level main ideas
- * For quick reference

2"

Helpful
Tips

MORE NOTETAKING TIPS

Outline Notes Example

Title of the Reading

First Header

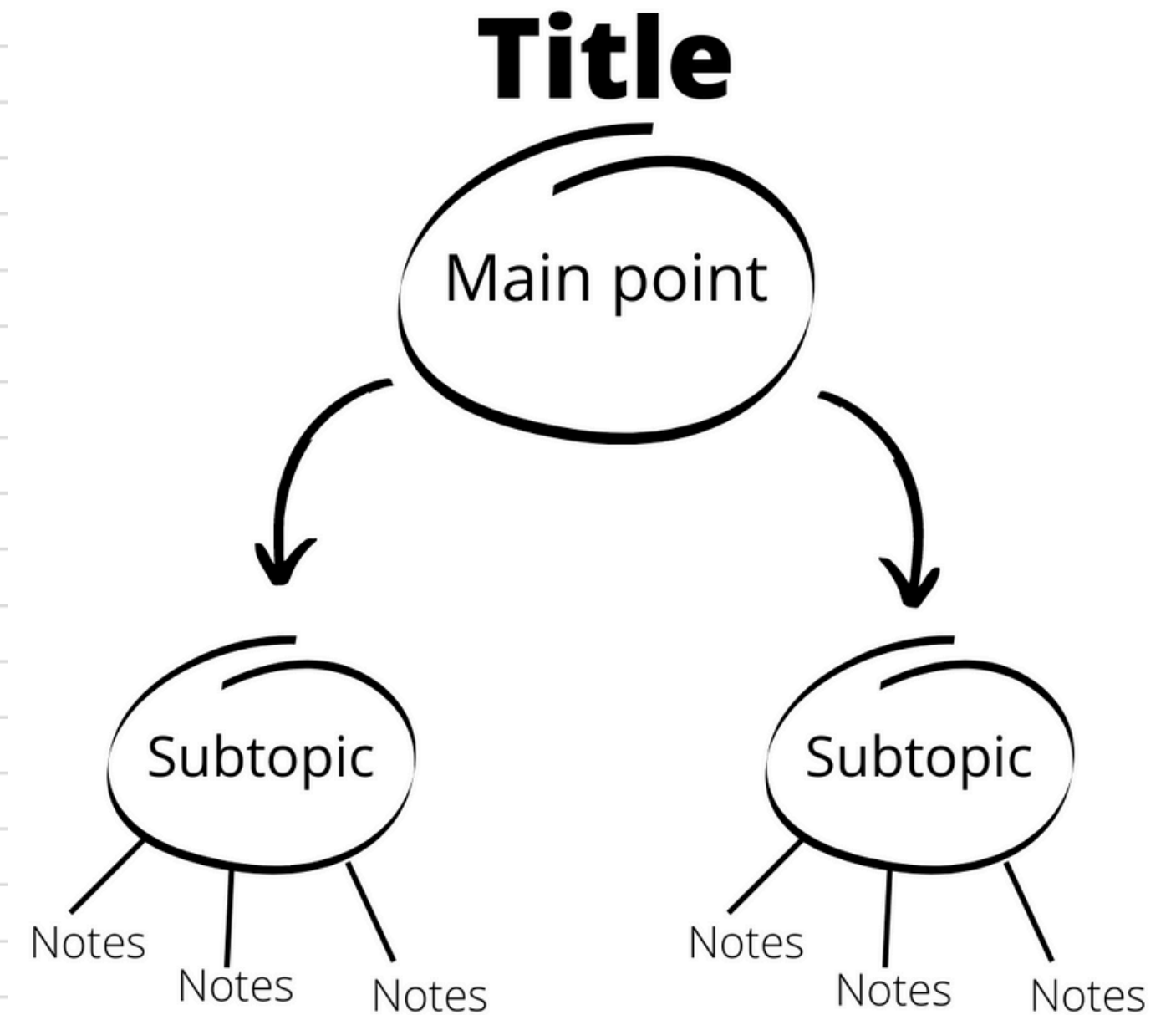
— Main Idea

- Bolded word or important detail
- Bolded word or important detail

Second Header

— Main Idea





- Bolded word or important detail
- Bolded word or important detail











FLASH CARD TIPS

Helpful
Tips

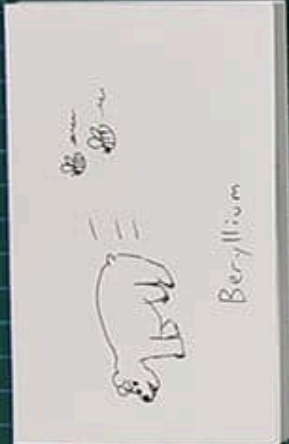


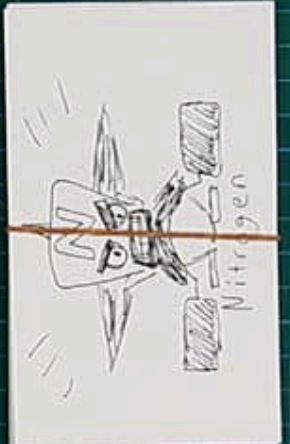
Input terms and definitions to
create a study set at quizlet.com

ingenious	clever, resourceful
	  
_____	_____
TERM	DEFINITION
English	English

Use a study set in variety ways...

 LEARN	 FLASHCARDS	 WRITE	 SPELL
 TEST	 MATCH	 GRAVITY	 LIVE



Box 1	Box 2	Box 3	Box 4
			
Every Day	Every Other Day	Once per week	Once bi-weekly