

STUDY SMARTER NOT HARDER!!!

1. READING IS NOT STUDYING

- ✓ Create a study guide by topic.
- ✓ Create examples that relate to your own experiences.
- ✓ Design concept maps or diagrams that explain the material.
- ✓ For non-technical classes, figure out the big ideas so you can compare, contrast and re-evaluate them.
- ✓ For technical classes, work the problems and explain the steps and why they work.
- ✓ Create your own quiz.
- ✓ Study in terms of question, evidence, and conclusion:
 - What is the question posed by the instructor/author?
 - What is the evidence that they present?
 - What is the conclusion?

2. SILENCE ISN'T GOLDEN

- ✓ You might study better with some background noise
- ✓ Some like classical music, some like the hum of a coffee shop
- ✓ Some need complete silence
- ✓ Talking out loud can be part of studying

3. RECONSIDER WHETHER YOU CAN WALK AND CHEW GUM AT THE SAME TIME

- ✓ Multi-tasking is hard when you're studying
- ✓ Research shows if you're doing other things (responding to texts, web browsing, game playing) as you study it takes you much longer to learn and decreases the quality of your learning

4. PROBLEMS ARE YOUR FRIEND

- ✓ Work and re-work problems
- ✓ Create your own questions/problems to review before exams

5. SPACING OUT IS GOOD

- ✓ You will learn better and retain longer by studying frequently rather than a couple of marathon study sessions
- ✓ For new material, you should study daily
- ✓ Material you know well, you can review 2-3 times a week to keep it fresh

6. IT'S GOOD TO BE INTENSE

- ✓ Short, intense study sessions are better than long sessions
- ✓ 30-45 minutes followed by a break will be much more effective than trying to study for hours on end

7. BECOME A TEACHER

- ✓ Teaching the material to someone is one of the best ways to learn!
- ✓ Whether you're teaching a friend, family member, your dog...that doesn't matter. Learning to explain concepts in your own words helps cement knowledge.

8. USE DOWN-TIME TO YOUR ADVANTAGE

- ✓ Lighter work weeks are a great time to get ahead on work or to start long projects.
- ✓ If you have time between classes, use that to your advantage. Take time to review, preview, and meet with other students or instructors.

9. TAKE CONTROL OF YOUR CALENDAR

- ✓ Once a week, plan your week.
- ✓ Create goals for what you need to accomplish for each class and determine how much time you need for each of those goals.
- ✓ Update your calendar each night before bed. You'll celebrate your accomplishments and create a new priority for the next day.

