

STUDY TIPS

1. Obtain a syllabus for each class; if not written, then oral; i.e. what date tests are, reports due, etc. You need to find out what is required before plans can be made.
2. Divide assignments up by weeks; i.e. text in five weeks on 10 chapters, schedule to know 2 chapters per week, then divide 2 chapters into days of study per week.
3. Physical setting – pick one place and continue using it. Associate that place with learning. Don't lie down; too much relaxation hurts studying.
4. Read class assignments before professor lectures. Note taking will be much easier if you are even vaguely familiar with the material.
5. Schedule study periods as close to individual classes as possible. 10:00 history class with free period at 11:00, then study history at 11:00 while still fresh in mind.
6. At least one review session per week to study materials covered up to that time.
7. Don't be afraid to ask for assistance, either in class or outside.
8. Keep a dictionary handy while reading or studying and keep a list of new words and their definitions. Then go over this list at least once a week. Great method to improve vocabulary.
9. Plan to study 45-75 minutes, then take a break. Research has shown that people will learn more if they space out study time rather than mass study time; i.e., study biology for 50 minutes, take a 10-20 minute break, then study again for 50 minutes.
10. Studying is like any other skill; in order to improve, one must practice, practice, practice.

Handout from MACADA