

HOW TO STUDY

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THE FIVE CATEGORIES

Focus on Preparation

Teamwork

Creating an Ambiance

Approach

Keeping your Cool

FOCUS ON PREPARATION

- Get a planner
 - Desk Calendar
 - Notebook Planner
 - Digital
- Create a study plan
 - Study a little every day

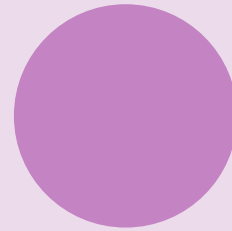


TEAMWORK



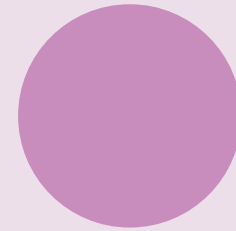
Study with Friends

- Join a study group
- Small groups are better than large classes



Ask someone for help

- Ask questions!
- Take advantage of office hours



Teach someone what you learned

- Get creative
- Explain what you learned

CREATING AN AMBIANCE

- Switch up Study Spots
 - Library
 - Mall Area
- Eliminate Distractions
 - Choose a quiet space
 - Relocate if necessary



APPROACH

Don't Cram

- Learn a little bit each day
- 20-30 minutes a day

Memorization vs. Understanding

- Understanding will help you remember the information later

Review Notes

- Review after class, then again, a few days later

KEEPING YOUR COOL

01

Use a reward system

- Get some coffee
- Watch television
- Eat a snack

02

Take breaks

- Boost productivity
- Prevent burnouts

03

Be confident

- Believing in yourself is half the battle

WEIRD BUT TRUE...

Study right before you go to sleep

Cramming helps in a pinch

Make your notes into a song

Eat sushi

Dress for success

Chew gum

CITATIONS

- <https://www.goingmerry.com/blog/study-tips-for-college/>