

# How to Study

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What is Studying?



# Definition

Studying is taking time out of your day to devote your attention to a particular subject or situation. When studying, you try to acquire knowledge on the subject by reading books, looking at websites, going over notes, etc.



When Is Studying Needed?

Studying is needed whenever you have an important event or situation that requires you to remember information.

A couple examples of this would be...

- Studying for an **Academic Test or Quiz**
  - Studying for a **Driver's Test**
  - Memorizing a **Speech**

How Do You Learn?

# The 4 Different Types of Learning Styles

1. Visual - learner needs to see information to be able to process it
2. Auditory - learner needs to hear information to be able to process it
3. Reading and Writing - learner reads the material and writes the material to be able to process it
4. Kinesthetic - learner carrying out physical activities to process information

If you want to figure out what type of learner you are, take this test below:

[The VARK Questionnaire | VARK \(vark-learn.com\)](https://www.vark-learn.com/)

# Learning Styles

- Fast Talkers
- Impatient
- Use words and phrases that evoke visual images
- See and visualize

**Teaching Tip**  
Use charts and graphs

**Visual**  
SEE

- Slow speakers
- Natural listeners
- Linear thinkers
- Prefer explanation over text
- Listen and verbalize

**Teaching Tip**  
Use verbalization

**Aural**  
HEAR

- Prefer written text
- Emphasize text-based input and output
- Enjoy reading and writing

**Read/Write**  
READ/WRITE

**Teaching Tip**  
Use writing techniques

- Slowest talkers
- Slow to decide
- Use all senses to engage in learning
- Do and solve
- Prefer hands-on approaches
- Learn through trial and error

**Kinesthetic**  
DO

**Teaching Tip**  
Demonstrate skills



# Examples of the Different Learning Styles

Visual: This video shows the visual style of learning because the man is using sight to see what cards that the man already to put down to determine what cards were left.

[Rain Man - Casino Scene - YouTube](#)

Auditory: This video shows the auditory learning style because the woman is listening to how the man says the words to teach herself to make the sounds.

[My Fair Lady hereford - YouTube](#)

Reading/Writing: This woman is using the reading learning style to process information by reading the book.



Kinesthetic: This video shows the kinesthetic learning style because it is teaching him how to fight in a hands-on way.

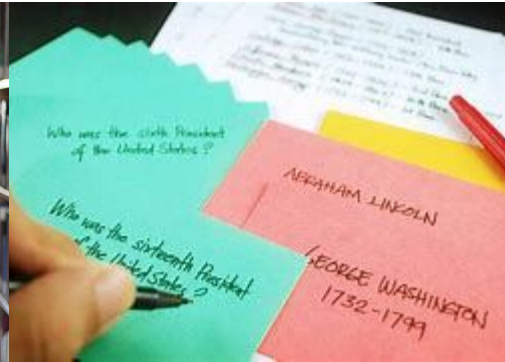
[Kung Fu Panda Training Scene HD YouTube - YouTube](#)

What Type of Learner are  
You?

# Different Ways to Study

# Examples of Ways that People Study

- Going to a quiet location, like the library
- Studying written notes from class or reading the book
- Making flashcards
- Testing yourself or having someone test you
- Making a study group
- Practicing examples of the problems that were learned in class
- Some people have background noise going to keep them focused on work
- Writing notes on a whiteboard multiple times
- Create study guides



# Resources that SAU Students Can Use to Study

- Magale Library is open for you to go in and study. If you don't want to sit at a table in the middle of the library, you can see if there is a private study room open.
- Students also have access to the Tutoring Center where they can go and ask question if they don't understand something.
- There are many other students in your classes, and you could form a study group with them.
- You can make an appointment to meet with your teacher during their office hours to ask them to help you with something you may not understand completely.
- SI sessions

Sunday	4PM - 10PM
Monday - Thursday	7:30AM - 10PM
Friday	7:30AM - 5PM
Saturday	CLOSED



Hours that the  
Magale Library  
is open



# Studying Tips

## Scientifically Proven Best Ways to Study - YouTube

- Exercise
  - proven to help increase attention span, focus, and problem solving skills
- No cramming!
  - Small study sessions help you retain more information.
  - A lot of the time caused by procrastination
- Use variety!
  - Use different study methods to help you remember information better
- Get enough sleep!
  - 7 hours of sleep minimum and 9 hours maximum
- Take breaks
- Give yourself rewards



STUDY

Do you have any study tips/rituals or ways that you study that you would like to share?

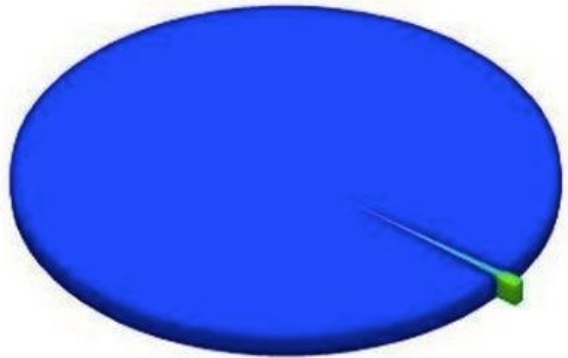


**STOP THINKING ABOUT USELESS STUFF BRAIN**



**I'M TRYING TO READ!!!**

# Things I Do When I Have to Study



- Study
- Tell People I Have to Study

# Works Cited

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