

# How to Study

WARREN BASINGER & SARAH GLOVER

# Environment & Supplies Needed

- ▶ Quiet
- ▶ Well lit
- ▶ Availability of outlets and a reliable internet connection if you are using a laptop
- ▶ Snacks and drinks (as a bonus or motivation)

# Study Incentive:

When you reach a  
gummy bear, you get to  
eat it!



# Focus only on studying

- ▶ Don't try to multitask
  - ▶ Can hinder learning because your attention is split between more than one thing
  - ▶ LEAVE your phone in your bag
  - ▶ Separate subjects- Focus on one subject at a time

- Make connections between materials you are reviewing instead of trying to memorize them

- RECITE WHAT YOU CAN FROM MEMORY AFTER REREADING THE MATERIAL
- MAKE/TAKE PRACTICE TESTS AND THEN CORRECT YOUR MISTAKES

# Use flash cards

## ▶ Leitner System

- ▶ Repeat note cards that you don't know or have problems with
- ▶ Find a study buddy to assist you with your cards



Don't just review the material,  
practice it.

- ▶ Make yourself study packets, tests, and other exercises to enhance learning.

# Color Coding

- ▶ Visual learners- use different colored highlighters, pens, markers, and/or even papers
- ▶ Color coding binders and notebooks to increase efficiency



# Don't always study alone!

- ▶ Different perspectives
  - ▶ Some things that might not be clear to you, can be clear to other students or vice versa.
- ▶ Learn new study skills
- ▶ Practice for future careers
  - ▶ Most jobs require group work

- Exercising before you study can awaken your mind and keep you alert

- RECITE/REWRITE THE MATERIAL YOU OBTAIN FROM A LECTURE WITHIN 24 HOURS (CAN HELP PREVENT FORGETTING UP TO 80% OF WHAT WAS LEARNED)
- STUDYING USING PRINT MATERIAL INSTEAD OF ELECTRONICS CAN BE MORE EFFECTIVE

# Great Apps For Studying

## ▶ SelfControl

- ▶ Allows you to block certain apps and notifications for an allotted time

## ▶ Quizlet

- ▶ Allows you to create flashcard sets or use sets for numerous topics already created by other users

## ▶ iStudiez

- ▶ Tracks your homework, schedule, and grades

## ▶ Evernote


- ▶ Take notes, make to-do lists, set reminders, create agendas, and access everything through any device

Most importantly....take breaks!

On average, 4,200 college students DIE from not studying per semester.

THE END

Just kidding...



But 30% of college students drop out their first year; one reason is the loss of scholarships.

Using good study methods can essentially “save your college career” by keeping your GPA up.



DON'T BE A DROP OUT!

