

HOW TO STUDY

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BEFORE YOU STUDY

- Take notes
- Make study groups
- Always use a planner
- The ideal studying environment

TAKING NOTES

- Write not only what is in the teacher's presentation, write the teacher's own words (especially if they mention it is on the test, or that it is important)
- Learn to summarize. You don't always have time to write all that is said in class, so you must learn how to pick out the most important and useful information to write down.
- Keep your notes neat, having eligible and organized notes makes studying after class easier.
- Highlight key points so they're easier to find later. Color code if you wish.

MAKE A STUDY GROUP

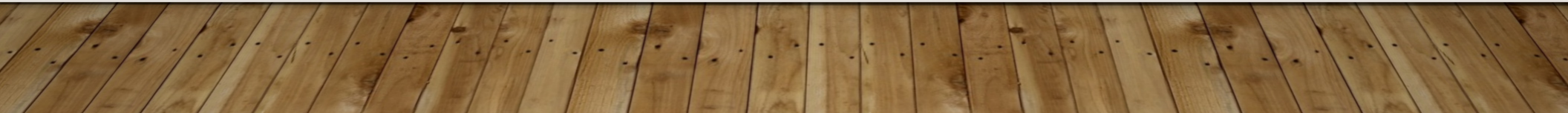
- Be picky about who you choose to be in your study group. If you are surrounded by a group of people studying hard, you are more likely to feel motivated.
- Teaching other people is a very effective study method because you have to understand the topic and rephrase it, which helps commit the subject to memory
- Learn new study methods from other people
- Make sure your study breaks don't go over ten minutes

USE A PLANNER

- Helps you stay on task
- Helps visualize due dates
- Makes you focus on the important tasks
- College students are often forgetful and/or very busy, so using a planner will help with remembering homework and planning your schedule.

YOUR STUDY ENVIRONMENT

- Replicate test taking conditions in order to get comfortable with quiet, classroom-like environments.
- Turn your phone on Do not Disturb or use popular apps and websites to temporarily block social media websites or other sites that would distract you.
- Make sure your environment is quiet and well lit.



WHILE YOU STUDY

- Ways to study
- Study plan
- Make sure there are no distractions
- Don't Procrastinate

WAYS TO STUDY

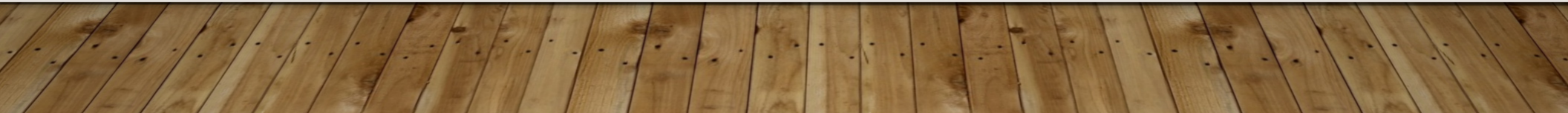
- Using flash cards
- Watching Videos on the topic
- Rereading notes/textbook
- Study consistently

STUDY PLAN

- Plan your study materials
- Plan your study time
- Plan your breaks
- Know what you need to study next time

DISTRACTIONS/PROCRASTINATING

- Turn off electronics
- Don't study around people who will distract you
- Have a main goal and stay motivated
- Try to do your assignments as early as possible
- Don't browse social media
- Have smaller goals to feel accomplished on the way to your main goal
- Come up with consequences for getting distracted



AFTER YOU STUDY

- Stay organized
- Review
- Tutoring
- Healthy lifestyle

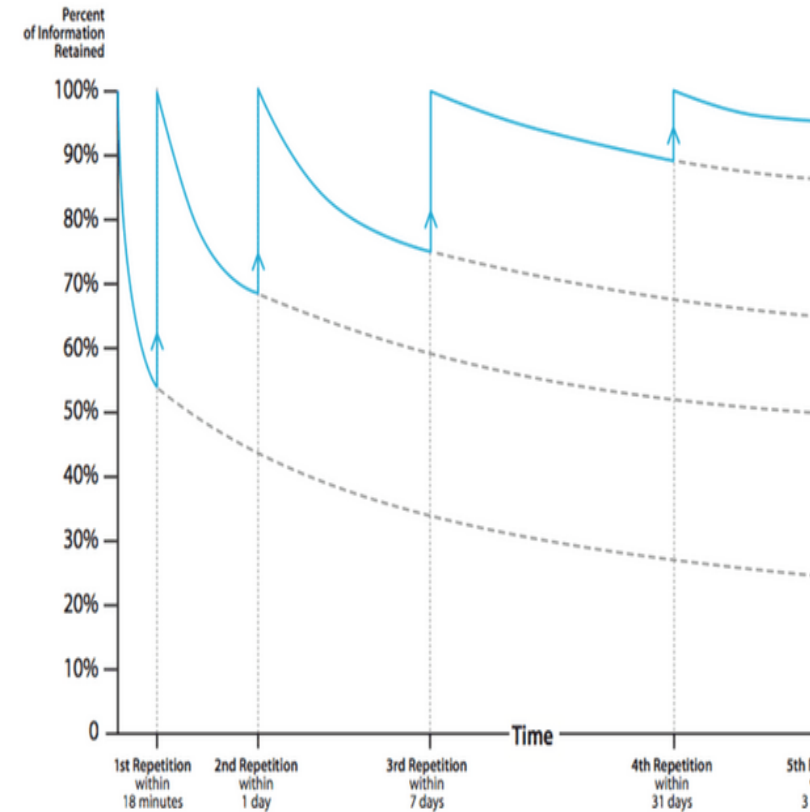
ORGANIZATION

- Keep your class materials separate
- Use your planner daily
- Take good notes
- Always be prepared when going to class

REVIEW

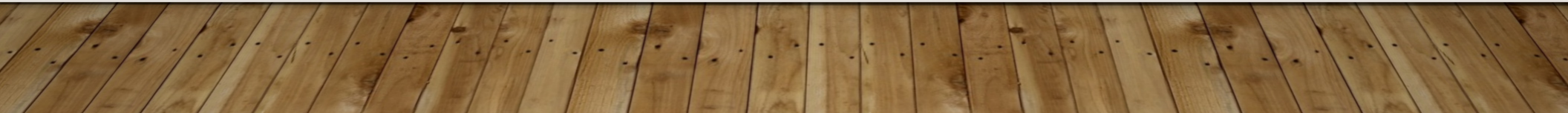
- Reread your notes
- Quiz yourself on what you got wrong last time
- Ask your teacher any question you might have about the subject and then study it again

Rate of Forgetting with Study/Repetition



TUTORING

- Tutoring is usually free at most colleges, although you may get more out of it if you get a paid tutor.
- It helps you develop a new perspective on content you have previously learned
- Tutoring can show your teachers that you are putting more effort into being successful in their course
- Tutoring can put you a step ahead of other students in the class which will provide favorable results



HEALTHY LIFESTYLE

- Don't do excessive amounts of drugs/alcohol
- Get enough sleep every night so you are well rested
- Eat healthy
- Try to exercise daily

SOURCES

- <http://theconversation.com/whats-the-best-most-effective-way-to-take-notes-41961>
- <http://www.howtostudy.org/resources.php>