

STUDY TIPS

Using the study-cycle each week, you will be prepared for class and are more likely to retain the information you study throughout the semester. Doing a little bit each day and week will keep things manageable when you prepare for exams and tests.



1

Preview

Before class, read or skim the assigned readings and review slides or notes the professor might post online. Review summaries and objectives. Take notes and prepare questions you would like to have answered during the lecture.



2

Attend

Go to class! Participate in discussion, ask questions, and take meaningful notes. After previewing the material, you will be prepared to make connections during class.



3

Review

Review your notes within 24 hours of attending class. Reread the chapter to fill in any gaps and note any questions you still have.



4

Study

Utilize study sessions (30-50 minutes in length) to go over the material. This may include organizing notes, drawing a concept map, summarizing, re-reading, filling-in notes, reflecting, or applying the information in practice quizzes or questions.



5

Assess

Spend 20-30 minutes reviewing all your notes each week. This gives you time to see what questions you still have and to make a plan for the upcoming week.

Reference:

"The Study Cycle." Retrieved July 15, 2013 from Louisiana State University, Center for Academic Success website: [https://cas.lsu.edu/sites/cas.lsu.edu/files/attachments/TP%20-%20Study%20Cycle%202010%20\(2\).pdf](https://cas.lsu.edu/sites/cas.lsu.edu/files/attachments/TP%20-%20Study%20Cycle%202010%20(2).pdf)

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Please note that everyone studies a little differently. Take the tips that work best for you and implement them. If something isn't working, don't continue doing it! What works for one class might not work for others.

Location

Find a place to study that does not have distractions. Turn off your phone or other technology distractions!

Self-Discipline

Develop your own study rules and follow them. You need to motivate yourself and hold yourself accountable. Pay attention in class, participate in activities, and ask questions.

Study in Short Periods

The amount of time each person needs to study will be different. Break studying into shorter periods, no longer than an hour at a time. Take a 10 minute break and get your mind off of studying before you get back to your notes. Your brain just can't focus well for longer than 50-60 minutes at a time. After you break, get back to studying and focus!

Set Goals

Set a goal for each study session. What material are you covering? What do you still have questions on? Set your goal and then be diligent in meeting that goal. Choose the material that needs your most attention.

Repeat

Use flashcards, reread your notes, rewrite your notes, and do other things that you find helpful to remember information. You need to continue revisiting information to be sure that you remember it. Repetition is an important aspect of learning and memorizing information.

Use different techniques

Study with a group of people, write songs to help you remember things, draw diagrams and pictures to explain processes, teach other people the information, speak the information out loud, make flashcards, and do other things where you are CREATING. Learning is not passive. You need to do more than just reread notes and review slides. Find techniques that work best for you and utilize them to your advantage.

Ask for help

The strategies that have worked in the past may not be as successful anymore. College classes are different than high school classes. Ask your professor for help during office hours, attend SI sessions, and talk to your success coach. Your classmates are a great resource, too! Form study groups and take turns teaching each other information and testing each other.

Manage your stress

Take care of yourself in this process. Consider your priorities and manage your time to reduce stress. Talk with trusted individuals if you feel overwhelmed and take time for yourself outside of school work. Focus on things within your control and use your resources to your advantage.

Reference:

"How to succeed in a science class" Retrieved October 10, 2017 from Jackson College website: <https://www.jccmi.edu/science/how-to-study-science/>