

# Studying Tips

You've probably had to study for quizzes and tests before, but in college you have to study a lot more. You'll also be required to retain information and relay it back in different ways. This means you not only need to figure what to learn but how you learn and the best ways to review information so that you can reach your potential in each of your courses. Here are some tips for getting started.

## Where to study:

Although studying in a dorm room is convenient, it is often a poor place to learn. The dorm has a plethora of distractions including email, text messages, television, video games, and friends down the hall. Lying down on the bed to read turns into an hour long nap and a bright yellow highlighter spot on your sheets! If you want to improve your concentration and efficiency as a student, develop a place to study that is just that - a place where you go to work on academics. Campuses are full of good spots to study. Experiment with what works best for you.

## How to study:

- **Study in chunks:** 20-50 minute time periods followed by a brief break (5-10 minutes) is the most effective way to study
- **Use daylight hours:** An hour of studying during the day is worth two at night! Do the work that requires the most concentration (typically reading) earliest in the day.
- **Prioritize:** Rank your classes and be sure to spend time on your most challenging class every day and early in the day.
- **Collaborate:** If there's a lot of content to cover, talk with your classmates about putting together a study guide. Each person prepares a specific section, but everyone benefits in the end and, if it makes sense, you can all study it together.
- **Study actively:** Ask questions, review your notes regularly, discuss key concepts with peers and your course professor
- **Eat well:** Multiple cups of coffee and sugary snacks may help keep you awake, but you'll eventually crash and burn. Try to eat healthy foods – carbs that keep your energy up, proteins that help you concentrate and plenty of water to stay hydrated. Make sure to get plenty of sleep before test day, too.
- **Exercise:** Yes, exercise. It's been proven to help you learn and remember, and it's also a great stress reducer. So, even if you're pressed for time, don't skip your workout!

## What to study:

Some exams you take in college will be take-home exams, others might be open-book papers and some may be the run-of-the-mill sit-down test. Whatever the format, know what you're being tested on. Don't be afraid to ask for specifics about what will be on the exam. And make sure to attend and pay attention in class! Many professors will drop hints throughout the semester about what you'll be expected to know on the final. If you're unsure about a concept or have additional questions attend a review session, visit with the professor, or ask your TA or other classmates.