KEYS TO COLLEGE SUCCESS

STUDY STRATEGIES

Time Management

• LEARN TO SAY NO!
  1. Saying no to partying, movies, etc. does not make you a terrible person.
• DO NOT STUDY FOR MORE THAN 2 HOURS AT A TIME. Your brain really does shut down and any studying you do after that point is just a waste of time.
• USE TRAVEL TIME TO STUDY. Pop a study or lecture tape into your car’s cassette player; put on those earphones if you ride the train or carpool. If you use a Laundromat, listen to study tapes while your clothes spin and dry.
• TRY TO STUDY DURING DAYLIGHT HOURS. Natural light really is more conducive to learning.
• USE TWO SCHEDULES
  1. Create an hour-by-hour weekly schedule. Using your class schedule as a guide, block out specific times each day for study and all other activity; Rule of Thumb: one and a half hours of study for each hour of class
  2. Create a semester schedule showing midterms, finals, due dates, and other important events. Weekly review both schedules and allow more time as needed: A good schedule keeps you from wandering off course.
• PRIORITIZE: Daily list what you need to study, prioritize & set times for each item, and stick to it.
• USE THE 30-3-2-SCHEDULE
  1. STUDY FOR 30 MINUTES;
  2. Take a 3- minute break let the break be a time to think about other things;
  3. Upon returning take an extra 2 minutes to mentally review what you have just read and do a quick preview of what is coming up next

Study—Break—Review—Preview—Study

~~ Quick Study ~~