

To you, what does it mean to study?

Write down five things that you consider “studying.”

1	2	3	4	5
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Students who “study smart” spent less time studying yet get good grades. They know how to make the most of their time and get help when the need it.

EXERCISE ONE: Find out what kind of learner you are. Your learning style influences the way you understand information and solve problems.

There are three primary learning styles: visual, auditory, and tactile. Many people use a combination of learning styles, whereas others learn best by using just one.

Take the 20-question quiz <http://www.educationplanner.org/students/self-assessments/learning-styles.shtml>

So, what kind of learner are you?

After reading your results, what three pieces of advice will you use to improve your study habits?

- 1.
- 2.
- 3.

EXERCISE TWO: Choose a place to study. It should be comfortable, well-lit, and have a surface for writing. Equip the area with paper, pencils, pens, a calculator, etc.

Where have you decided to study?

EXERCISE THREE: Choose a time to study. Turn off the TV, silence your phone completely, and eliminate distractions. Study when you are the most alert. Each day, figure out how much time you should do homework and study, then set a time to start and stick to it. After studying for 25 minutes, take a five-minute break.

For each day of the week, what time(s) will you study?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

Study begins on the first day of class.

Now promise yourself to stick to this plan for one week, then see if you need to make some changes.

EXERCISE FOUR: Get the phone number for at least one person in each of your classes. If you miss a class or have a question, you'll have someone to call to get notes or meet to study.

EXERCISE FIVE: Watch these two brief YouTube video on managing your time in college.

<https://www.youtube.com/watch?v=p60rN9JEapg>

https://www.youtube.com/watch?v=V2_2UGeGL9M

Will you try the tips mentioned in these videos? Why or why not?

What concepts did you hear in *both* videos?

MEMORIZATION STRATEGIES

- Use all your senses. Look at words, say them aloud, and write them down. This will help the info stick.
- Create images or funny sentences. To remember that Homer wrote The Odyssey, think, "Homer is an odd name." To remember that Pizarro conquered the Inca empire, imagine a pizza covering an ink spot.
- Acronyms. To remember the colors in the rainbow, use the first letter in each color, "ROY-G-BIV."
- Review is the key to remembering anything.

- Use index cards as flash cards. Take them with you and study them when you have time.
- Make up rhymes to help you remember, “30 days hath September, April, June, and November...”
- Alliteration. For example, the word “plethora” means plenty. Associate plethora with plenty because both start with the letters pl.
- Mental associations. Edison has the word “son” in it. “Son” sounds like “sun.” The sun is a source of light, which brings to mind the light bulb. Edison invented the light bulb.

MORE TIPS

- *Before you begin studying, decide exactly what you want to get done and the order in which you’ll do it. Be specific. For example: 1.) do lab report; 2.) read history chapter; 3.) revise Comp draft.*
- *If you have a lot to do, prioritize your work. Start with the things that are the most important.*
- *For large assignments, break them into smaller chunks & plan ahead. For example:*
 - *Monday: find three sources for history paper and read them.*
 - *Tuesday: make an outline for history paper*
 - *Wednesday: write rough draft of history paper*
 - *Thursday: meet with writing tutor and revise history paper*
 - *Friday: Create cover page and bibliography for history paper, turn it in!*
- *In class, if there is something you don’t understand, ask for clarification. If you are struggling in a class, don’t wait. Get help right away. If you really understand a concept, you’ll be able to teach it to someone else. If you can’t do that, you should seek clarification.*
- *Review your notes immediately after each class; you will retain it better.*

NOW ASK TWO CLASSMATES OR FRIENDS FOR TWO MORE IDEAS:

Person one _____

Idea one

Idea two

Person two _____

Idea one

Idea two