

Study Smarter Not Harder

Do you ever wonder what you could be doing to be more successful in class and on tests? Of course you do, **because everyone does!** Here are some tips on effective studying. Experiment with them and find the ones that work for you.

Reading is not always studying.

“Doing” the readings or revisiting the materials for tests doesn’t always mean studying. Here are some ideas to help us better retain our reading, homework, and other information:

- *Always* take notes, highlight, write in the margins when you’re reading.
- Re-write your notes by topic. Create your own quiz.
- Become the teacher. Say the information aloud in your own words like you’re the instructor teaching the concepts to the class.
- Think of examples that relate to your own experiences.
- For English, History, or Psychology, what are the bigger ideas that you can explain, compare, and reconsider?
- For Math or Chemistry, what are the problems? Can you explain the steps and why they work?

Understand your study routines.

These steps seem obvious at first glance, but when we start to take shortcuts is when we start to feel the stress!

- Attend class.
- Review.
- Study.
- Check my understanding with a tutor.

Ask yourself...

How do I use my study time? Do I study better if I work a short time on each class every day, or in a marathon session in the library?

Do I study better alone or in a study group?

Do I study better in a quiet library, or with some background noise?

Am I more focused in the morning or at night? Before, or after class?

The important thing is how you use your study time!