

STUDYING STRATEGIES – Factors Important to Studying

- Plan to study during your most rested and **productive time**. Allow **enough time** to study well.
- Have a **good study environment** with needed supplies. Study the **same time** each day. Eat **peppermint** candy.
- **Schedule** to do difficult tasks first. Organize the information into small tasks. Give yourself a reward when done.
- Have a **Positive Attitude** (I Want To Know) which will influence your ability to learn. **Relax** and breathe deeply. It helps the brain to memorize material.
- Use **different studying techniques**. Outline, SQ3R, review notes and tests, take notes, use visual aids, problem-solving, practice recalling material, vary the order of material being studied, study multiple times, repeat, drill, over-learn the material, visualization, use acronyms, use flashcards, study groups, learning labs, tech assistants, tutors, do assignments, attend class, read, take notes.
- Try to make the material **meaningful and relevant** to everyday life. **Associate** (relate) the new information with something you already know. **Assimilate** (mix, add to, or put in the middle to make an updated version) the information in to something that is similar or something you already know. **Visualize** information, names, procedures, or concepts in your mind to help you remember later. Use visual aids. Brainstorm related ideas or topics to create examples to help you recall material.
- Use your **body** when studying. Stand up periodically, walk around, read while walking, tap your fingers or toes, speak or read out loud. Stare at and read material and then look away, repeat until memorized.
- **Long-Term Memory** has **unlimited capacity and can be easier to recall** when needed. To move information from short-term memory to long-term memory takes time, energy, repetition, and understanding (comprehension). You must study multiple times using repetition.
- **Vary the order of material** learned because it is easier to remember the first thing studied and the last thing studied. The middle material is left out. **Problem-solving**: Talk it out to yourself. Write down each step. Put steps on index cards. Make a graph or chart. Review process with a friend.

SQ3R

- **Survey**: Look over the chapter titles, introduction, objectives, summary, chapter questions, boldface headings, subheadings, italicized words, pictures, graphs, visual aids.
- **Question**: Turn headings into questions. Write them down to answer while reading.
- **Read**: Read each section at a time. Look for answers to questions.
- **Recite**: Try to retell the information in each section to see if you comprehended what you read. Try to recall important information.
- **Review**: Repeat the questions, read, recite. Look over notes, headings, and questions. Highlight or underline terms.

Study Environment Checklist

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| <input type="checkbox"/> Few distractions | <input type="checkbox"/> No Interruptions | <input type="checkbox"/> Quite Location |
| <input type="checkbox"/> Scheduled Breaks | <input type="checkbox"/> Comfortable Temperature | <input type="checkbox"/> Regular Location |
| <input type="checkbox"/> Need Material Handy | <input type="checkbox"/> Adequate Space | <input type="checkbox"/> Good Lightening |
| <input type="checkbox"/> Schedule of Tasks | <input type="checkbox"/> Proper Furniture (able to sit 40 to 50 min.) | <input type="checkbox"/> No Unrelated Material (TV, games, etc.) |