

STUDY STRATEGIES

- 1. Determine when you are most alert and use that time to study.** If you are a morning person, wake up early to start studying! At your peak in the afternoon, set aside some time to tackle homework after lunch.
- 2. Study in an area with few distractions.** Make this place your “go-to” study place. (Don’t study on your bed!) Having a consistent space allows your brain to say “Since I am here, I need to study!”
- 3. Study the most difficult or least interesting subjects first.** These subjects need most of our attention, focus, and energy. We have the most energy and focus when we first sit down to study, so working on the tough subjects first makes you more efficient and productive.
- 4. Implement the basic study system.**
 - Before you read a chapter or **preview** the chapter first. This gives you a feel for the chapter and helps you focus on what is important to read carefully and what you can skim.
 - Then, **read** the chapter.
 - **Take notes** while you read. (Notes can be taken in a notebook or directly onto the page.)
 - Then, **review your notes** before you end your study session.
- 5. Implement the SQ4R system.** The SQ4R system provides you the best retention and comprehension of material.
 - **Survey** the chapter before reading (you wouldn’t see a movie without first seeing the trailer, right?)
 - Turn headings or main ideas into **questions** so you can focus on the reading material
 - **Read** your material to find the answers to your questions
 - **Recite** the answers to the questions out loud to hear them
 - **Record** the answers in your notes, ideally directly underneath the questions you previously created
 - **Review your notes** before ending your session
- 6. Review your notes and textbooks.** Review your materials for at least 5-10 minutes every day. Begin this the first week of the semester and continue through the final exam. This improves retention of material AND prevents you from having to cram a semester’s worth of studying into a few days (impossible, by the way).
- 7. Break up your study sessions.** Avoid marathon study sessions. Instead, study or do homework for only about 30 minutes, then take a mental break. (Just don’t let the break last longer than 20 minutes!) After your mental break; your brain will be refocused and energized!
- 8. Reward yourself.** After you have finished studying, reward yourself! This will keep you motivated and on task.
- 9. Retry math problems.** If you didn’t get to the correct answer, DO NOT look at how the author came to the answer. Redo the math problem until you get the correct answer. Go back into the chapter (not the back of the book) to relearn how to complete that type of problem or reread your notes to determine where you made the mistake. This helps you think critically and helps YOU solve the problem on your own!
- 10. Set realistic, specific goals.** You know yourself best, so set goals you know you can meet. Determine how long you will study and what you want to accomplish in that time. Goals like “I will read for 20 minutes” or “I will complete 10 math problems” are attainable and clear.

For more information and support, contact:

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