

Study Tips

Everyone learns differently! Try to blend approaches using different senses and see what works best for you. **Here are some tricks to try:**



Auditory

- Record your lectures instead of taking notes and listen back to them
- Recite information without reading it from your notes
- Discuss the material with classmates and quiz one another



Visual

- Color-code all of your notes and study materials
- Use flow charts, diagrams, drawings and graphics to conceptualize material
- Write out directions given by your professor



Physical

- Make models or participate in lab work to learn the materials
- Use your laptop to take notes if possible
- Take frequent breaks when studying and work on memorization when walking or exercising



Try out different study techniques to find what works for you

- Keep a detailed to-do list, including assignments & exams
- Have a set place & time to study
- Take notes in your own words & keep them organized
- Take exam review assignments seriously
- Read your textbook thoroughly, but start out with a skim for basic information and understanding
- Make sure to stay healthy - physically, mentally & emotionally!

Don't rely on cramming!

Information that is crammed is stored poorly in your memory, meaning you'll forget it extremely quickly. It also takes longer to learn information under pressure, meaning it would take less time to study over a period of time.

If you must cram to get by, focus on a few key elements, use mind maps and flash cards and recite, recite, recite!

