

Super Charge Your Education!

STUDY TIPS

Do the +Math

How much to study:

You should spend at least as much time learning in college as you spent in high school. In high school you were in class 36 hours a week, and most of the work was done *in class*. College is flipped—you are only in class 12-15 hours a week, and most of the work is done *outside* class. If you spend the recommended 2 hours studying for every 1 hour you are in class, then that adds up to roughly 36 hours a week. You should be studying at least 24 a week.

12 HOURS IN CLASS
+ 24 HOURS OF STUDY TIME

36 HOURS A WEEK

Okay, but what does “study” mean?



“Study” means a lot more than just getting ready for a test. It is:

- Reading and rereading the textbook and annotating as you go.
- Reviewing class notes later that day or the next day and maybe rewriting or reorganizing those notes.
- Starting projects and papers WEEKS ahead of the deadline.
- Getting help from professors, classmates, or a tutor when you get stuck.
- Going over old tests to see what you got wrong and why.

Studying in college means being *proactive*, not *reactive*. Don't wait until there is a test in the next few days or a paper due soon. College studying is ONGOING, all the time.

What are some good study techniques?

- Use *active* techniques like reorganizing notes, creating charts and graphs, quizzing yourself, writing practice essay questions, analyzing wrong answers from previous tests, looking up additional examples online, working out additional problems, and meeting with a study group.
- Merely rereading your notes and the textbook is *passive* learning and will not be enough for you to do well in your classes.

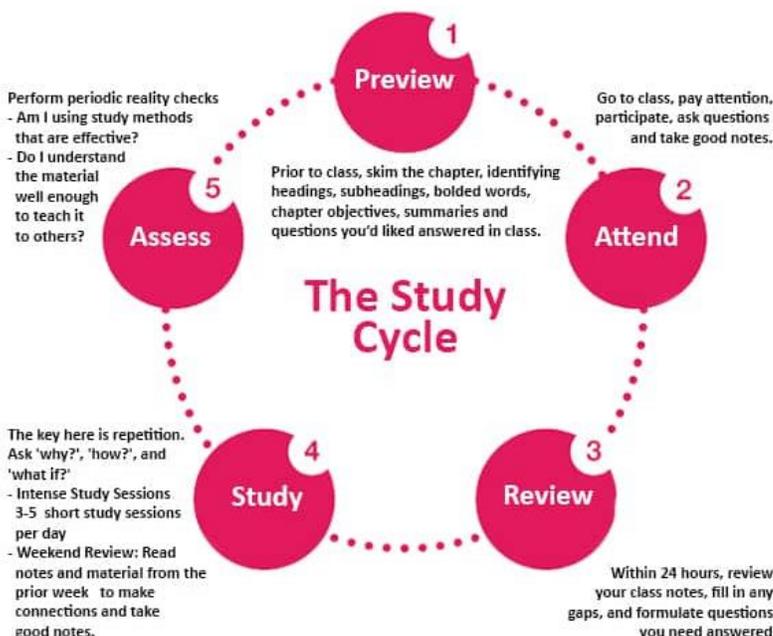


I use paper for all of my studying since it's been proven you remember more if you write it down. I fill out all my study guides out on paper with simple color coding, like highlighting important sentences / words and breaking down my studying guide to separate terms and discussion questions /concepts. Also, if possible, have an area that you can dedicate to school like the front porch, a desk in your room, etc. so you can separate yourself from distractions.

--Junior history major & ARC tutor

For more specific advice on study techniques, see these sources:

- www.vark-learn.com. Take a questionnaire to find out your dominant learning style(s) and read about study techniques that match that style.
- See the “Study Strategies Starter Kit” handout on the back.
- Check out Thomas Frank’s channel on Youtube.
- Use the *Study Cycle*. Read about it at <https://www.educationcorner.com/the-study-cycle.html>



STUDY STRATEGIES

STARTER KIT

USE 3!

When you study, use AT LEAST three of the following techniques on all material you need to study. The more ways you can approach the material, the better you will understand and remember it. Also, mixing it up keeps you from getting bored or tired.

USE YOUR LEARNING STYLE!

Know your learning style, and use study techniques that will appeal to that style. However, also try techniques from the other columns. *Everyone* learns better by appealing to multiple senses (hearing, sight, touch) while studying a concept. You can find out what your learning style is at www.vark-learn.com.

VISUAL	AUDITORY	READING/WRITING	KINESTHETIC
<ul style="list-style-type: none"> <input type="checkbox"/> Make flash cards—use colored cards or colored ink, draw little pictures on them, give related concepts a symbol that you put in one corner of the card <input type="checkbox"/> Teach it to yourself in a mirror <input type="checkbox"/> Draw a picture that represents the concept, perhaps on one side of a flashcard—make it humorous and it will be very memorable! <input type="checkbox"/> Create a chart or diagram <input type="checkbox"/> Study the charts and diagrams provided in the textbook <input type="checkbox"/> Create an acronym <input type="checkbox"/> Make an association (Homer wrote the Odyssey. Homer is an <i>odd</i> name) <input type="checkbox"/> Work practice problems—if you've already worked all the ones in the book, ask the professor for more <input type="checkbox"/> Create wall-size concept maps to summarize a unity in a textbook or series of lectures <input type="checkbox"/> Create visual associations by inventing a mental picture of the information you want to remember <input type="checkbox"/> Annotate your textbook as you read 	<ul style="list-style-type: none"> <input type="checkbox"/> Explain the material to a friend <input type="checkbox"/> Read out loud <input type="checkbox"/> Teach it to yourself in a mirror <input type="checkbox"/> Share notes on the concept with a classmate, preferably verbally—be sure to share your notes as well as listen <input type="checkbox"/> Create an acronym <input type="checkbox"/> Make an association (Homer wrote the Odyssey. Homer is an <i>odd</i> name) <input type="checkbox"/> Talk to yourself while studying <input type="checkbox"/> Work practice problems—if you've already worked all the ones in the book, ask the professor for more <input type="checkbox"/> With a partner, take turns summarizing your reading from the textbook, like a mini-auditory book report <input type="checkbox"/> Create a rhyme or even a song about the material <input type="checkbox"/> Annotate your textbook as you read 	<ul style="list-style-type: none"> <input type="checkbox"/> Rewrite your notes (re-organizing as you go) <input type="checkbox"/> Make flash cards <input type="checkbox"/> Look up the information on the internet to get a different or additional explanation (use only reliable websites) <input type="checkbox"/> Share notes on the concept with a classmate, preferably by reading and rewriting each other's notes <input type="checkbox"/> Write a journal about what you know about the topic <input type="checkbox"/> Create a list <input type="checkbox"/> Create an acronym <input type="checkbox"/> Make an association (Homer wrote the Odyssey. Homer is an <i>odd</i> name) <input type="checkbox"/> Work practice problems—if you've already worked all the ones in the book, ask the professor for more <input type="checkbox"/> Create a to-do list of reading and notes you need to review, concepts and skills you need to master, and definitions, formulas, etc. you need to learn <input type="checkbox"/> Create summaries of your notes <input type="checkbox"/> Annotate your textbook as you read 	<ul style="list-style-type: none"> <input type="checkbox"/> Create practice questions and then answer them in a mock test session <input type="checkbox"/> Explain the material to a friend <input type="checkbox"/> Teach it to yourself in a mirror <input type="checkbox"/> Share notes on the concept with a classmate <input type="checkbox"/> Make flash cards <input type="checkbox"/> Create an acronym <input type="checkbox"/> Make an association (Homer wrote the Odyssey. Homer is an <i>odd</i> name) <input type="checkbox"/> Work practice problems—if you've already worked all the ones in the book, ask the professor for more <input type="checkbox"/> Ask the professor for copies of previous tests and use those to make your own mock test in the same style <input type="checkbox"/> Annotate your textbook as you read <input type="checkbox"/> Design an activity that would demonstrate the concept physically (i.e. if it's biology, make a model; if it's religion or history, re-enact it; etc...)