

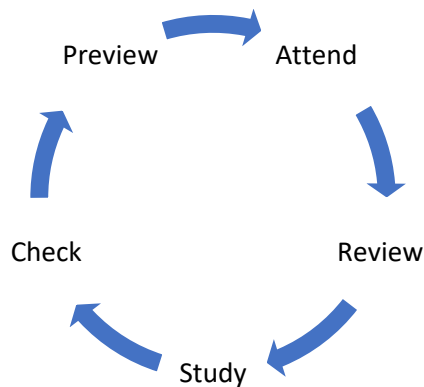


Study Skills Discovery

The Basics

Studying is an active process- not just highlighting, memorizing, or rereading!

The Study Cycle



1. Preview the lecture material
 - Prepare for class by reading the textbook or reading the PowerPoint
 - Come prepared to learn in depth and ask questions
2. Go to class
 - Engage in the class
 - The professor's focus will hint toward what's on the test and what you need to study
 - Take notes by hand- use your own words
 - Ask questions and participate in class discussion
3. Review
 - Look over your class notes
 - Actively ask questions, summarize, and plan for your study sessions
 - Make a tutoring appointment
4. Study
 - Plan for multiple short study sessions- this is better for learning than cramming
 - Make specific goals for each session
 - Actively engage
 - Plan a post-studying reward
5. Check
 - Was the study session/method effective?



- Test yourself
- Ask questions to evaluate your understanding
- Review with others in the class

Preparing to Study

- Study Supplies
 - Have paper, pens or pencils, notecards, and your other favorite study tools on hand
 - Transparent sticky notes are great for adding notes in textbooks or tracing diagrams, graphs, and illustrations to add to your notes
 - A planner is a must! This can be digital or physical, but it ideally will have plenty of space with a monthly view for assignment due dates, and weekly views for writing daily checklists
 - You can use highlighters to create your own color-coding system. For example:
 - Green=definitions
 - Yellow= important facts
 - Pink=important names
- Study Environment
 - Clear away clutter
 - Put away your phone (multitasking can negatively affect your concentration)
 - Pick a time when you feel focused and productive
 - Avoid distracting music
 - Be aware of what works best for you

Active Study Skills

It is important to actively engage with the material you are learning- reading through your notes isn't enough to make it stick. Here are some ideas:

- Make your own quizzes and study guides
- Relate the content to something you have experienced
- Talk aloud or teach it to someone else
- Get creative! Make diagrams or illustrations to show how concepts connect to one another

How to Actively Read

- Before you read:
 - Preview the chapter
 - Break up the reading into smaller amounts to make it more manageable



- Figure out the purpose for the reading so you know what to look for
- During the reading:
 - Pay attention to your focus levels and adjust your environment or mindset as needed so you can concentrate
 - Annotate
 - Summarize the reading in your own words
 - Ask yourself questions about the text
- After you read:
 - Check your comprehension
 - Summarize or tell someone what you learned
 - Research or ask about what you don't understand
 - Quiz yourself on the material

More Study Tips

- Try using a paper textbook
- Exercise before your study sessions
- Take breaks to avoid stress
- Get a change of scenery if your environment is too distracting
- Answer the textbook's practice questions
- Evaluate your skill and stress levels to make needed adjustments
- Spend a short amount of time on every class every day to avoid procrastination and maintain concentration
- Find out your learning style and check online for study methods for that particular style
- Don't overlearn
- Don't multitask
- Don't focus on one concept for too long

- Brain Dump
 - Put away your notes and write down as much as you remember about what you are studying
 - Check your notes to see what you remembered and what you may need to study more

- Pomodoro Technique
 - Choose a task
 - Set a 25-minute timer and work on the task
 - Take a five-minute break
 - After 4 Pomodoros, take a 15–30-minute break



- Feynman Technique
 - Pick an idea and simplify it until a 5-year-old could understand it- this helps ensure you truly understand and can remember the concept
- Mnemonics (Learning and Memory Tools)
 - Make up songs or rhymes
 - Make connections
 - Use acronyms and acrostics
- Reward yourself for successful study sessions
 - Eat an M&M after each page of reading
 - Finish your checklist before watching a tv show
 - Get a Starbucks drink
 - Complete homework and take a Sunday nap
- Brain Hacks
 - Chew gum while you study and right before a test to increase focus
 - Play a study playlist when you study and sleep
 - Use a certain scent while you study and sleep
- Leitner Notecard System
 - Create 3-5 piles or boxes for your flashcards
 - When you get a card right, move it to the right
 - When you get a card wrong, move it to the left
 - Study each box's cards at different intervals (for example, cards in box 1 should be studied every day, while cards that you have moved to box 5 may only need to be reviewed once a week)
- Use [writtenkitten.co](https://www.writtenkitten.co) for motivation to keep writing
- Study with Me
 - Find someone studying on YouTube or TikTok for a virtual studying buddy

Need help putting these ideas into practice? Make an appointment with a tutor for specific subject-matter support or meet with a Peer Academic Coach for help with time management, planning study sessions, and succeeding in your academic life at NGU. Make an appointment on Schedulicity here:





Works Consulted

Check out these links for more details and great study ideas!

<https://www.brainscape.com/academy/chewing-gum-boosts-performance/>

<https://examples.yourdictionary.com/examples-of-mnemonics.html>

<https://learningcenter.unc.edu/tips-and-tools/reading-comprehension-tips/>

<https://learningcenter.unc.edu/tips-and-tools/studying-101-study-smarter-not-harder/>

<https://learningcenter.unc.edu/tips-and-tools/the-study-cycle/>

<https://www.linkedin.com/pulse/20141024121647-107244930-how-to-learn-anything-faster-with-the-feynman-technique>

<https://nesslabs.com/spaced-repetition/>

<https://www.thebestcolleges.org/17-scientificallly-proven-ways-to-study-better-this-year/>

<https://www.verywellhealth.com/memory-tip-1-keyword-mnemonics-98466>

<https://www.wgu.edu/blog/5-unique-study-tips2109.html>

<https://writtenkitten.co/>