

# STUDY STRATEGIES

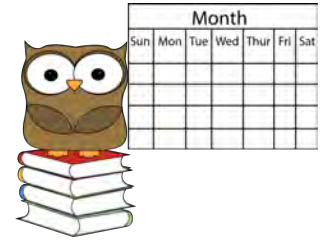
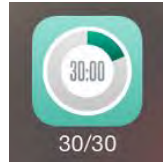
## Get organized

- Notes
- Study guides
- Worksheets
- Labs
- Tests
- Quizzes
- Book – flag with post-its
- Highlighters
- Colored note cards and post-it notes
- Quizlet



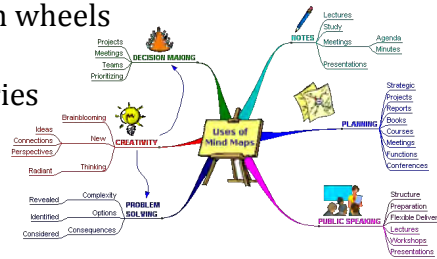
## Make a plan

- Write your plan down.
- Schedule breaks every 20-30 minutes.
- Check out the App 30/30 for scheduling your time!
- The first and last 10 minutes of study are the most effective.
- Don't cram!



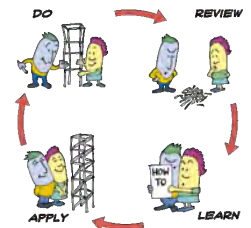
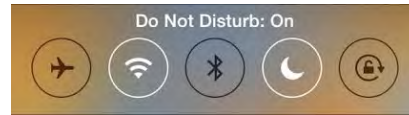
## Create Study Aids

- Color code, organize & classify information.
- Color association helps our brains recall information.
- Use Quizlet – <http://quizlet.com>.
- Create acronyms, poems, songs.
- Use visualization and association.
- Use locations or sequencing to memorize.
- Association wheels
- Mind maps
- Create stories



## Study Time

- Your study time should be *active* NOT passive!
- Use gestures as you study or move around.
- Quiz yourself or a friend.
- Teach someone! If you can teach it, you have learned it and understand it!
- Write and re-write information.
- Change your surroundings to assist in recall.
- Turn off electronics or put in “Do Not Disturb” mode.



## Test Taking Tips

- Quickly look over the exam and make a plan – estimate time for each section.
- For short answer, underline key verbs so you know what is being asked.
- If unsure of an answer, mark it and go back.
- For multiple choice, try to answer the question before looking at the answer choices.
- If time – go back and check your work.
- Have a mint – it increases alertness and relieves stress and anxiety!
- Use deep, calm breathing.
- Apply pressure with your thumb on your palm to calm nerves.



## Stay Healthy

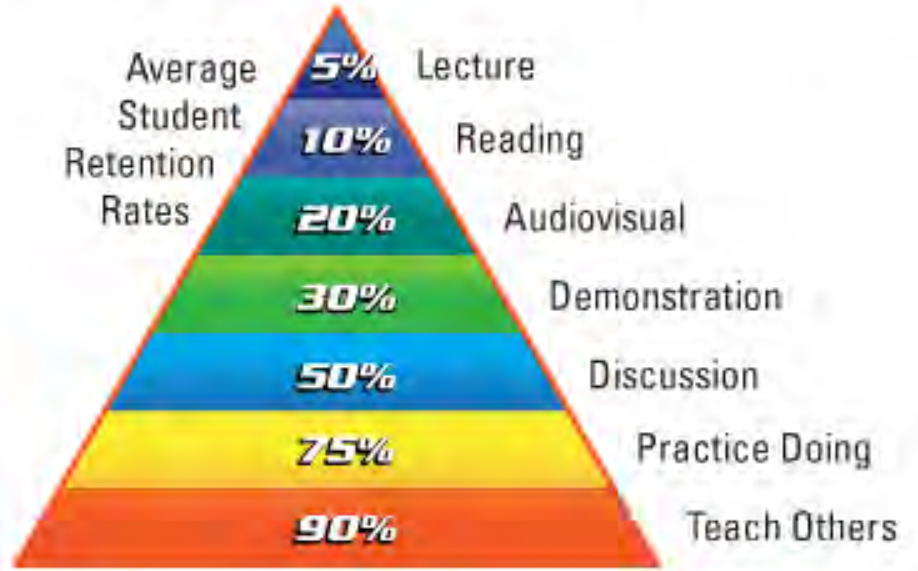
- Choose healthy snacks – fruit, popcorn, cheese, beef jerky, granola, yogurt.
- Get plenty of sleep – your brain won't be able to recall information if you are sleep deprived.
- Set aside 30 minutes of no screen time before bed. The artificial light negatively affects sleep patterns.
- During sleep your brain encodes information into memory.
- Use positive self-talk.
- Laugh a lot – it helps release hormones that will enhance learning.
- Exercise daily.



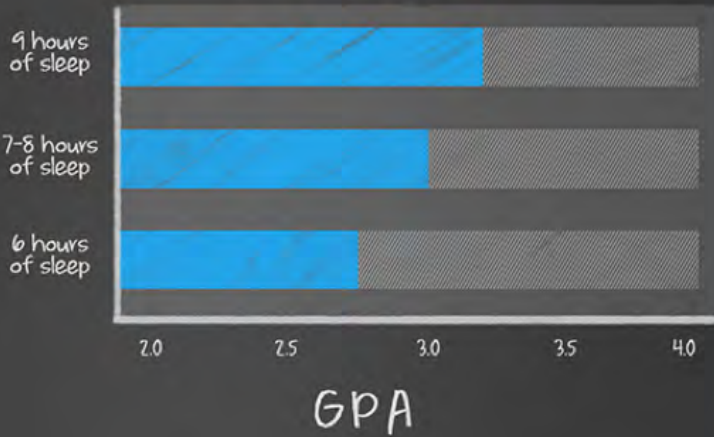
# LEARNING PYRAMID

## Active learning!

Train your brain to retrieve information!



## HOW DOES SLEEP AFFECT GPA?



## Get plenty of rest!

Your brain is working to store and make sense of information as you sleep!

Use visualization and images to help you memorize! A picture can say a thousand words.

