

# Study Tips for Students on All Academic Levels

(Part 1)



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Most students lock themselves in a room and study a topic for hours until they master it. However, new study methods are proving more effective.

There are simple changes you can make in your study routine that will help you learn and retain material faster.

Continue reading to learn about effective study tips.

# TAKE GOOD NOTES

Taking good notes involves writing down anything your teacher writes on the board and dating each entry. If the teacher took the time to write it out, he or she considers it important. You can also try to take notes when reading your textbooks. This can make exam preparations less overwhelming.



# USE FLASH CARDS

Writing notes and definitions more than once will help imprint information on your memory. Write down important facts for a test and quiz yourself until you have mastered the material. Flash cards are convenient because they allow you to summarize material and eliminate irrelevant information, allowing you to focus on only the most important details.

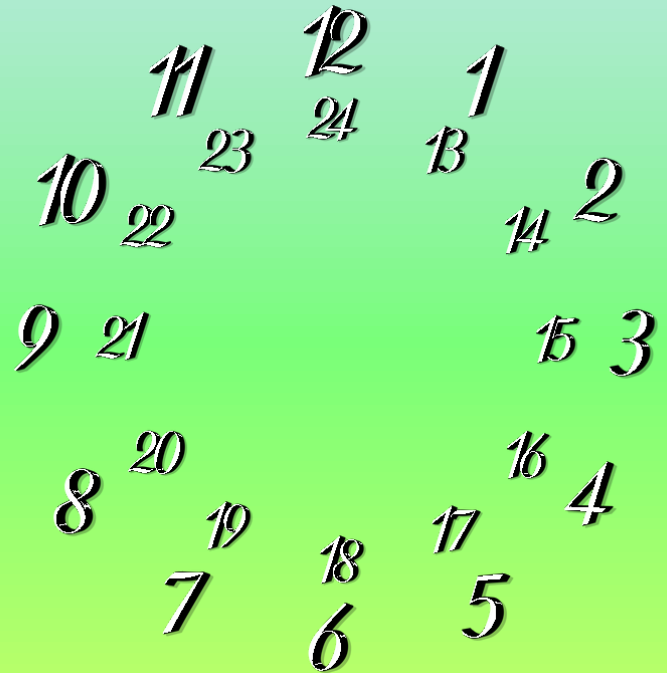


# REVIEW YOUR NOTES DAILY

Set aside some time each evening to go over notes from each class.

Research shows that reviewing new material within 24 hours after hearing it increases your retention of that material significantly. In addition, reviewing material before the next class period allows you to identify where clarity is necessary.

It would also allow you to better make connections between new and existing points.



# REVIEW YOUR NOTES DAILY (cont'd)

Make studying your priority and place these sessions when you are at your peak performance times to make them extra effective. Some people work best in the mornings, and others, at night. Experiment with this and do not assume that because you awake early you should study early, but instead try morning, noon, and night to see which is best.



# LOCATION! LOCATION! LOCATION!

Generally, you need to be in an environment with little to no distractions—an environment that will aid in keeping you focused on your assignments. The library has always been a reliable place to get some real academic work done.



# LOCATION! LOCATION! LOCATION! (cont'd)



Additionally, alternating study spaces can be an effective way to retain information. Although you may have a favorite spot to study, a change of atmosphere can break the monotony that one can experience while studying. Location can influence memory so changing your study locale may increase the likelihood of remembering what you learned.



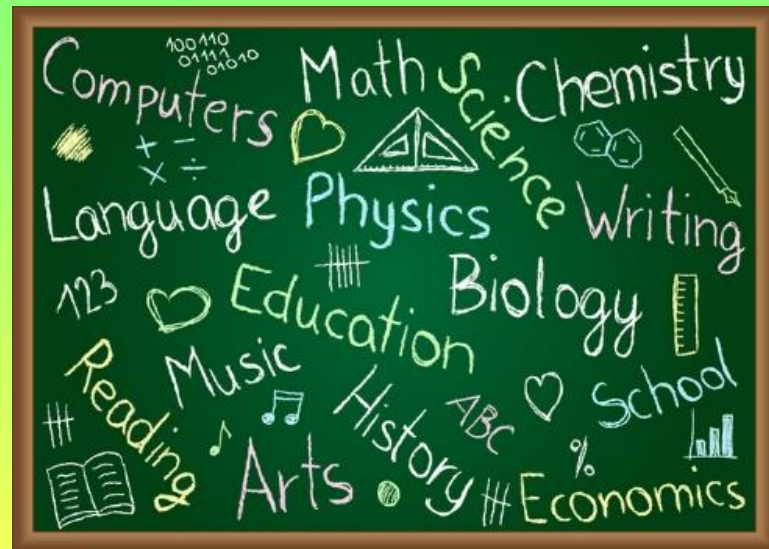
# GET ENOUGH SLEEP

Sleep is essential when it comes to effective study habits. When you are tired, you think more slowly and do not retain as much information. If you want to get the most out of your study sessions, make sure you get enough sleep.



# SWITCH BETWEEN TOPICS

Immersing yourself in a subject for long periods is less effective when it comes to memory retention than switching between topics. Take a break from each topic after 30 minutes and move on to another topic. You can come back to the topic after you have spent some time studying other topics. When you do revisit the topic, you will feel refreshed and ready to pick up where you left off.



# DO NOT CRAM

Waiting until the night before an exam to study can lead to cramming which is not an effective study technique.

Cramming before an exam can lead to test anxiety. Instead, jot down a few ideas or facts that you want to have fresh in your mind when you begin the exam. Read through your list a few times when you get up in the morning and just before you take the exam, then put it away.



# STAY AWAY FROM YOUR PHONE



A phone can also prove to be quite a distraction. The best thing you can do is to either put your phone on silent or turn off the alerts and flip it over so that you cannot even when the screen illuminates. If it helps, place the phone out of sight so that you are not even tempted to check it.

Your education is a priority and, unless it is an emergency, the world can wait.

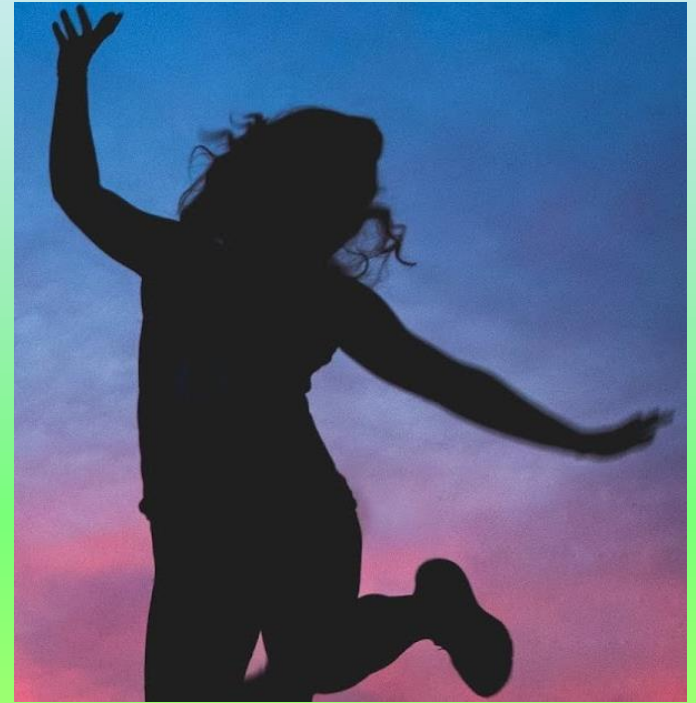
# AVOID SOCIAL MEDIA

Speaking of distractions, nothing can zap away your time for a good 20-30 minutes like social media. Resisting the urge to check your notifications or scroll through your timeline could be critical to studying successfully.



# SELF CARE

You must take care of yourself in order to give your academic career the attention it deserves. Running yourself into the ground without allowing time for your body and mind to rest is unacceptable. You should remember to blink when working on a computer screen to save your sight, take a moment to stretch your wrists and fingers and eat well to refuel your body with the proper nutrients it needs to function.



# BOOST YOUR MEMORY

Science has been studying the effects of essential oils and plants on concentration, focus, and memory. Some studies have shown lavender, sandalwood and frankincense as having a good effect on memory. The presence of plants, in general, has a natural, comforting effect. Music also improves brain function and can help you focus.



Consistency is key and once you start getting into good study habits, make it a routine that you will be able to maintain throughout the school year... and for many more school years to come.





# REFERENCES

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