



Study

- ✓ **Give your complete attention to whatever you are doing** (lecture, class discussion, homework.) Study in a good place.
- ✓ **Stay current with readings and homework.** Have readings completed prior to class lectures and complete homework on time.
- ✓ **Manage your time.** Establish a regular study schedule. Chart your assignments, tests, and projects on a semester-long calendar. Work backwards from each due date to establish a study plan. Use “to-do” lists and prioritize what gets done first.
- ✓ **Frequently review what you are learning.** Review your class notes immediately after class. Use note cards.
- ✓ Use multiple review methods, such as flash cards, mind maps, study groups, summary lists, old exams, and reading out loud.
- ✓ **Take care of yourself!** Exercise, eat right, get enough sleep, and save time for fun.
- ✓ **Get help when you think you are stuck** (*don't wait until you fail a test!*)
- ✓ **See your professor, start a study group, or get tutored.** If you can't estimate how well you are doing, you need help.
- ✓ **Take good notes.** Use methods that help you remember the material (outlines, diagrams, mind maps). Make sure to fill in missing details. Combine class notes with text notes.

- ✓ **Practice “learning to learn.”** Try new strategies and apply knowledge.