

HINTS FOR MORE EFFECTIVE STUDY

Study at a regular time and in a regular place. Establishing habits is extremely important. Knowing what you are going to study and when saves a lot of time. Also, when you sit down to study in a familiar place, you are telling yourself that it is “time to study.”

Study as soon after your lecture class as possible. One hour spent immediately after class will do as much good in developing an understanding of materials as several hours a few days later.

Utilize odd hours during the day for studying. Are you taking your children to the doctor, standing in line waiting to register your car, having lunch in the park? The scattered one or two hours of “free” periods are easily wasted. Using them to review notes or reflect on main ideas can result in more real free time later.

Limit your study time to no more than 50 minutes on any one course at a time. After 50 minutes of reading or studying notes, take a break (go for a walk but don't watch TV). Remember that cramming is ineffective.

Keep up with your work. If you keep up with your reading assignments, review on a regular basis, and keep organized notes of lectures and assignments, then you should be well prepared for quizzes and exams.