

STUDY TIP QUICK REFERENCE

- ☞ Review material daily – ideally preview before class and after lecture.
- ☞ Practice ‘active listening’ during lecture. Take notes. Sit near the front of the lecture hall wherever possible.
- ☞ Plot out a study schedule and stick to it. Revise as needed.
- ☞ Use “active reading” methods for course textbooks to help you read faster and retain more.
- ☞ Preview text introductions, headings, and summaries first to get the “big picture.”
- ☞ Anticipate study questions as you read. Jot them down and answer your questions at a later point in your studying.
- ☞ Translate difficult concepts into your own words. Use mnemonics or draw diagrams. Use a dry erase board for rote memorization.
- ☞ If your concentration fades, take short and frequent study breaks.
- ☞ Get a tutor early, proactively *to check* how you are studying.
- ☞ When *reviewing* the material, read out loud. Talk into a recording device.
- ☞ Study in groups or with a study partner.
- ☞ Do practice questions early – well before your exams.
- ☞ Avoid cramming, pulling all-nighters, or drinking excessive amounts of caffeine.
- ☞ Practice relaxation strategies to keep test anxiety manageable.
- ☞ If you are struggling academically, get help early.
- ☞ Ignore the advice to not study, even if the advice is an internal voice. e.g., “*I know the material.*” *Check* what you know with an external check, an outside source, e.g. study partner, study group, or a tutor.
- ☞ Use *external checks* to help keep you on track, regardless of how confident you feel with the material.