

Make Study Time Effective

"I DON'T KNOW WHERE TO BEGIN."

Hint: Take Control

- ⇒ Make a list of all the things you have to do and schedule your time realistically.
- ⇒ Begin studying early and slowly build as the exam date approaches.

"THERE'S TOO MUCH TO REMEMBER."

Hint: Organize

- ⇒ Information is better recalled if it is organized in a framework; try writing chapter summaries or grouping information into categories.

"THIS STUFF IS SO DRY I CAN'T EVEN STAY AWAKE TO READ IT."

Hint: Attack!

- ⇒ Get actively involved with the material.
- ⇒ Take notes or underline key concepts.
- ⇒ Discuss the material with others in your class and study with classmates.

"I READ IT. I UNDERSTAND IT. BUT I JUST CAN'T GET IT TO SINK IN."

Hint: Elaborate

- ⇒ We remember best the things that are most meaningful to us, try to integrate what you're studying with what you already know.
- ⇒ You will remember things better if you can link them to something personal, come up with personal examples.

"I KNEW IT A MINUTE AGO."

Hint: Review

- ⇒ Try to recall information, test yourself to see what you remember, highlight what you don't.
- ⇒ Re-read portions you have had trouble with.
- ⇒ The more time you spend studying, the more you tend to recall.
- ⇒ How you organize and integrate information is more important than how much time you spend studying.

"I'VE GOT SO MUCH TO STUDY...AND SO LITTLE TIME!"

Hint: Preview

- ⇒ Survey your course outline, reading material and notes.
- ⇒ Identify the most important topics and start there.

"I GUESS I UNDERSTAND IT."

Hint: Test yourself

- ⇒ Keep in mind what the instructor has stressed in the course.
- ⇒ Examine relationships between concepts and sections.

"CRAMMING BEFORE A TEST HELPS KEEP IT FRESH IN MY MIND."

Hint: Don't cram; it doesn't work.

- ⇒ Start studying now and keep studying as you go along.
- ⇒ Recall increases as study time gets spread out over time.
- ⇒ EAT WELL, SLEEP AND GET ENOUGH EXERCISE.