

5 STUDY TRAPS TO AVOID!

1. "I DON'T KNOW WHERE TO BEGIN!"

Take control and prioritize! Make a list of the things you have to do.

Break your workload down into manageable chunks.

Schedule your time realistically.

Don't skip classes near an exam—you could miss a review session.

Use that hour in between classes to review and edit notes.

Interrupt study time with planned breaks.

Begin studying early (1-2 hours per day per subject), but increase study time as exams approach.

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

Preview! Preview! Preview! Read chapter summaries and chapter headings.

Survey your syllabus, reading material, and notes to identify most important topics. Use table of contents to help you identify key concepts and terms.

Make study sheets to help coordinate the material.

3. "THIS STUFF IS SO DRY I CAN'T EVEN STAY AWAKE READING IT!"

Attack!! Get actively involved with the text. Read with a pen.

Ask yourself, "What is important to remember about this section?"

Take notes or underline key concepts. Make notes in the margin.

Discuss material with others in your class.

Use table of contents to give an overview and outline of the chapter.

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

Try to connect what you are studying to what you already know.

Convince yourself that the material you are trying to learn is important.

Chunk information together to make class materials easier to remember.

Try to use as many senses to help remember information. Talk about it, draw a chart or diagram, think up your own examples to illustrate concepts, use mnemonic devices (ROY G BIV), make study cards, etc.

5. "I GUESS I UNDERSTAND IT."

Test yourself. Change chapter headings into questions.

Create your own examples of concepts discussed in readings or class.

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