Giant List of Study Tips

- Have a good and consistent environment
  - Lighting & temperature
  - Out of Bed, In testing place or similar
  - Don’t study on computer
  - Music is ok if needed, but no lyrics/words
  - No TV, Video games in room- vision is strongest sense for most

- Have Good Study Habits
  - Find what works for you and don’t waste your time: flash cards, reading, recorded voice, video, with others, re-writing
  - Challenge yourself! That’s how you learn! (see example)
  - Take studying one step at a time and set small goals for yourself
  - PRIORITIZE- What needs most attention? What needs to be done first?
  - Give yourself breaks
  - Snack while studying, or possibly drink water for breaks
  - Ask when you don’t know or understand- parents, friends, classmates, tutor, professor

- DON’T RE-READ CHAPTERS..that’s right, don’t
  - Waste of time (Callender & McDaniel, 2009)
  - Look at headings, intros, summaries, reflection questions, charts/graphs, and explanations

- Create sample tests, essay questions, or find ones provided (including previous exams, if allowed)

- Do Memory “dumps” for essay exams on scrap paper or in test margins first, then outline

- For question tests do easy questions first

- Snack during the test...not water this time

- Join a study group

- Become the teacher and the student- practice teaching the material to someone else

- Rationalize your negative thoughts

- SLEEP!!!!!

- DON’T USE ALCOHOL, DRUGS, OR SMOKE

- AVOID CAFFEINE- It’s NOT your friend!!! Eat a green apple instead.

- Stop studying when you’re confident, not when you have no more time

- Remember to eat!!!

- Exercise

- Pace yourself

- Breathing techniques, guided imagery, muscle relaxation techniques

- Listen to your body, don’t abuse it…