

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...