HOW TO STUDY BETTER

WHICH TYPE OF LEARNER ARE YOU?

Auditory learners learn best through sound: Listen to the CDs that come in your textbook. Record lectures and replay them until you’ve got the concepts down. Ask your instructor if he or she has lectures on CD or online. When you read, read out loud. Create or join a study group. Bouncing your ideas off others will really help you when you come across a concept that is confusing.

Visual learners learn best through sight: Make charts, graphs, and colorful drawings to match the material you are studying. Use bright colors to link ideas together. These methods could be useful in a test. When you can’t recall the information, you might remember the color or the chart, and that will help you remember the information.

Kinesthetic learners learn best through touch and by doing: Buy Post-It notes and write down ideas, concepts, and definitions. Slap the notes everywhere: in your study area, in your car, or around your house. Put them on the fridge, mirrors, doors, places you pass by often. Every time you pass a note, recite the information in your head or out loud. Once you’ve got a concept down, take the note down and put it in a box. Keep reviewing and taking down notes until your walls are empty. Frequently review all the notes in the box as well. A study group is also a good idea for kinesthetic learners.

CREATE OR CHOOSE A COMFORTABLE PLACE TO STUDY

Studying is not a natural activity for most people. But you can make studying easier and more efficient in the right place. Always try to use the same area once you’ve either found one here on campus or created your space at home.

- Make sure the place is comfortable but not too comfortable. For example, it’s a bad idea to study in or on your bed. The place shouldn’t put you to sleep.
- Make sure it’s well lit.
- Have supplies on hand: lap top, pens, pencils, highlighters, textbooks, scratch paper, dictionary, etc.
- Make sure it’s free from distractions: TV off, listen only to music that helps you focus, no texting, no games.
- You might choose to stay on campus and study if studying at home is difficult. Some places to study on campus are the Writing Center, the Math Center, the library, HUB quiet lounge, computer labs, the Tutoring Center, just to name a few. Find the spot that works best for you.
USE READING STRATEGIES

USE THE SQ3R METHOD especially for reading intensive classes

- **Survey**: Glance at the entire chapter to get an overview of what you will be learning. Scan the title and subtitles, section headings and subheadings, and any boxes of information in the margins.
- **Question**: Write questions you believe the reading is about. This keeps you alert as you read.
- **Read**: Annotate while reading. *(See below.)*
- **Recite**: Read out loud. This will involve two of your senses, giving you better memory retention.
- **Review**: Review your notes daily moving them from short term to long term memory.

ANNOTATE YOUR TEXT

Annotating is an extremely useful tool to help you understand and remember what it is that you have read. While reading keep a pen, pencil, colored pencils, and/or highlighters handy. Mark text that stands out to you in some way, raises questions in your mind, causes reactions, observations you make, connections you find, etc. Also, offset words you don’t know and look those up, and write the definition in the margins. Try using different colors to offset like categories: ideas you agree/disagree with, connections, reactions either positive or negative, etc.

GET INVOLVED – CREATE A STUDY GROUP

A study group is a great idea to help you stay motivated and on top of things. One huge advantage is you get to learn from your peers. You hear other people’s ideas as well as share your own. If you get a group going, remember to make sure everyone has a chance to share. Don’t let one person dominate the conversation.

DON’T STOP – IF YOU GET STUCK, TRY SOMETHING ELSE

- Organize stuff. Clean up your study area, straighten papers, fill the stapler, and sharpen pencils. After you’re done, write down what you remember about the subject and then check your class notes to see how it compares.
- Using a notepad or your computer, write out the name of the project, the expectations, and two or three different ways you could start.
- Google it! Facebook your friends. Ask your family. Find out other people’s opinions on the topic you are working on. Hit up the library; it has an extensive database online.
- Take out a piece of paper and write down your thoughts if you find yourself drifting and daydreaming. Then put the paper away and go back to studying. Better yet, get a journal for these thoughts and keep it handy. Check it out at the end of the quarter; it may be fun to read.