

# STUDY STRATEGIES FOR SUCCESS

## Planning

1. Obtain books early and begin reading them.
2. Make a quarterly plan for your courses:
  - a. Schedule completion of term papers and projects, so that you do not have to worry about them during midterms and finals.
  - b. Indicate test dates so you can avoid some of the last minute cramming.
3. Buy the “College Outline Series”, or take out elementary or high school books in the subject that you do not understand so well.

## Study Time

1. Make a definite, but flexible study schedule every quarter, and another schedule for the 3 weeks before finals.
2. Study for shorter periods (1 hour) twice a day rather than at one sitting (2-3 hours) once a day.
3. Do heavy studying when you are most alert.
4. Study as soon after class as possible.
5. Revise notes as soon after class as possible (within 24 hours).
6. Break up study time at night by varying your activity:  
For example: 1/2 hour to review notes  
15 minutes to skim chapter(s)  
45 minutes to apply S.Q.3R. method (Survey, Question, Read, Recite, and Review)  
1/2 hour to summarize chapter in 1 page of notes.
7. Set an objective for each study session.
8. Refuse to be interrupted during planned study hours.

## Helping Yourself

1. Learn technical vocabulary for your most difficult courses.
2. Practice using the S.Q.3R. study method (or similar systems) for reading. There are many books on study skills available in the Learning Resource Center and in the book store.
3. Talk to your professor early in the quarter.
4. Talk to other students who are interested in the subject.
5. Make mock exams for your most troublesome courses.
6. Set specific, but realistic, goals for yourself and make the plans to achieve them.
7. Find a “study buddy”. It can be for no more than to check on assignments or for short discussions.
8. Reward yourself when successful.

## **Review**

1. Plan a daily review of all that was covered in one day.
2. Study the same material again a week later, and again 3 weeks later.
3. Plan a weekly review on Fridays and Sundays.

## **Motivation**

1. Remember that boredom in a subject comes from lack of experience and knowledge in a particular subject area. Do not blame the professor for your own lack of motivation.
2. If you find that you are not motivated to study try the following:
  - a. Try to make it relevant--find a way to make it useful.
  - b. Talk to professor.
  - c. Talk to other students.
  - d. Talk to counselor.
  - e. Read extra articles on the subject.
  - f. Study it at a different time (a.m.).
  - g. Study it after doing something enjoyable.
  - h. Drop the course and take it later when you feel more prepared.

## **Special Hints For Success**

1. Do not work more than 20 hours outside of school, if you are carrying a full course load.
2. If you have a family, try to complete your work on campus during the week.
3. Allow time for "goofing off" once in awhile.
4. Do not try to study after a heavy meal.
5. Schedule daily physical activity (walking, swimming, etc.).  
Schedule enough time for adequate rest:
  - a. catnaps during the day.
  - b. 7-8 hours a night.
6. Unwind by doing at least 1/2 hour of pleasure activity every night.
7. Be sure that your room is quiet, cool (68 degrees) and free of distractions.
8. Do not try to study when under an emotional strain.
9. If you find that you are frequently distracted during study (everyone is) write down your thoughts in a separate journal and go back to your work immediately.
10. Set specific but realistic goals for yourself. Plan the steps and activities to reach them.