



## Study Smarter, Not Harder

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1. **Pay Attention:** When studying, focus only on studying, minimizing distractions (extraneous noises, telephone calls and texts, email, crowds). You will get your studying and your socializing done much more efficiently if you set aside separate times to tackle each.
2. **Skim, Listen, Read, Repeat (SLRR):** Skim the assigned readings prior to the class when they will be discussed, listen to lecture, reread the assignment carefully paying special attention to the sections covered in class, and repeat as necessary. You will get more from class if you have skimmed the assignment prior to the lecture, and you will get more from the reading if you return to it after the professor has explained key concepts.
3. **Don't Rote Memorize:** Try to make sense of the information you are learning. Relate it to everyday life and to personal experiences. Make sure you understand what you are learning and how it all fits together. If you don't understand it, ask your professor to explain it again during class or during office hours.
4. **Study A Little A Lot:** Study every subject several times a week. Review your notes the evening after each class or the next day rather than waiting until just before a quiz or examination to review what you have learned. Studying for an exam will take much less time if you have reviewed your notes several times in the interim than if you wait and cram. You may want to create a study schedule that sets aside specific times during the week for reviewing your notes from each class.
5. **Quiz Yourself:** When reviewing your notes, don't just reread them. Be sure to quiz yourself. Flashcards are one method of achieving this, but you can also simply look away from your notes and practice recalling the information on your own. Explain key concepts to your roommate or parents. If you can't do it, you are not yet ready for the exam. Keep quizzing and explaining until you are sure you can recall the information without relying on your book or notes.
6. **If At First You Don't Succeed, Try Something Else:** If you are not doing as well in a class as you would like, get help. Consult with the professor, use the Learning Resource Center, utilize tutoring that is available, and find other students who are having greater success and ask them for tips. If you keep approaching the class in the same way, you will likely get the same result. Find another approach.
7. **It Is Never Too Early:** Semesters go fast. Do not fall behind. Keep up with the readings and the written assignments, and, if you are not able to, reprioritize your time. Once you fall behind, your work in all of your classes will start to suffer.
8. **Take Care of Yourself:** Sleep. Eat. Have fun. Taking care of yourself physically, mentally, and emotionally is even more essential to your success in college as studying is.