

STUDY STRATEGIES: TIPS

WHETHER YOU ARE COMPLETING CLASS ASSIGNMENTS OR PREPARING FOR A TEST, THESE STRATEGIES WILL HELP YOU STUDY MORE EFFECTIVELY:

1. Make studying a part of your daily routine.
2. Manage your study time wisely (Create a schedule that will allow you to prepare for exams and complete course assignments on time).
3. Collaborate with others.
 - One of the most effective ways to study is in a group with other students.
4. Make your learning style work for you as you study.
5. Be alert for external distractions.
 - Choose a place to study where you can concentrate.
 - The campus library is usually the best place to go for uninterrupted study.
6. Get enough sleep.
 - Don't cut back your sleep to cram for tests. Most tests require you to think clearly about the concepts that you have studied.
 - Especially during final exams, it is important to be well rested so that you can stay alert for extended periods of time.
7. Follow a regular exercise program.
 - Walking, jogging, swimming, dancing or any other aerobic activities might help you think more clearly and can provide positive and needed study breaks.
 - Exercising releases endorphins in the brain, so it can help improve your mood.
 - Research has shown that exercise can potentially increase your brain power by generating new neurons in the hippocampus, an area of the brain that controls learning and memory.
8. Get a tutor.
 - Tutoring is not just for students who are failing. The best students seek tutorial assistance to ensure that they understand the course material.
 - Ask your academic advisor, professor, or the Academic Success Center about the availability of tutoring or other kinds of academic support.

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