Studying

Prepare to Study
- Find a distraction-free space and have everything you need before you start studying
- Relax, be comfortable and breathe deeply.
- Be confident. Practice positive self-talk. Post encouraging messages to yourself in your study space.
- If you are worried about something or your mind is wandering make a list of your thoughts before you study (and add to it if you have to while studying) and set it aside for later.
- Start with something you know- jot down some basic course info on which to build. We learn by connecting new information to what we already learned.

Study Actively
- As soon as you hear or read something, do something with it.
  - Think about it, evaluate it, decide how it fits into the bigger picture.
  - Make it your own, give it meaning, translate it into your own words.
  - Write notes or draw pictures.
- By engaging in the material as soon as you encounter it, you are learning as you go. If you don’t understand something, don’t skip it; take the time to figure it out right away.

Other Suggestions
- Review course material early and often. Start with an “active” review soon after class and repeat that review several times before the next exam.
- Take control of your own learning. Realize how much you learn depends entirely on you.
- Be disciplined - study when you sit down to study.
- Get organized, set priorities, and spend time on what matters.
- Set study goals, study in short blocks of time (45 min sessions) and take break.
- Learn from your mistakes - how can I do it better next time?
- Use your resources - tutors, classmates, professors, TAs, review sessions, etc.
- Be sure to eat well, sleep and take time out for exercise (which will reduce anxiety).