

Top 10 Effective Study Habits:

1. Do homework on the night it is assigned instead of the night before it is due (i.e. if you attended blocks A, B and C during the day, do the homework for those classes the same night).
2. Do your most difficult task first.
3. Review notes in the evening following a class and the night before you attend the class again. This helps you to retain information better than cramming for a test.
4. Study in a quiet environment with necessary materials (good lighting, computer, etc.)
5. Study for 30-45 minute blocks followed by brief breaks (use a timer). After two or three study /work sessions, take a longer break to recharge. It may help to do something physically active.
6. Take notes on assigned reading.
7. On the evening before tests, take extra time to review notes and reading materials and quiz yourself.
8. Create flashcards and memory techniques for classes that require memorization.
9. Eliminate distractions such as TV, social media, cell phones. Some students can manage studying with music.
10. Plan to spend at least 3 hours on homework and studying each night.

Other things that may help:

- Review the course syllabus and Blackboard to be clear about assignments.
- Ask questions in class.
- Talk with your teacher regarding extra help and ways to improve your grade.
- Study with friends.
- Get a peer tutor or outside tutor (consult first with you teacher).

Helpful websites:

For Math:

- Math Dude - easy to follow
- Khan Academy - average difficulty
- Crash course - tougher, speech is rapid

For all subjects:

Quizlet

SQ3R Reading Method

SQ3R is a reading method that is helpful when reading texts. It also includes reading, reciting and reviewing.

S – Survey the chapter

Q – Make questions from each heading of the sections in the chapters.

R – Read with the focus of answering the questions.

R – Recite what you have learned (or write notes)

R- Review notes made while reading and write questions. Be able to summarize the chapter.

Based upon Robinson, Francis Pleasant. (1970) Effective study. New York: Harper & Row