

*History and biology professors at the University of Georgia conducted a study of student preparation for and performance on exams. Here are their results:*

## Students who did well on exams...

**1. ...read and interacted with the text.**

*How?* Write, use the textbook website, and summarize sections.

**2. ...did less ‘test prep’.**

*How?* Do daily prep, keep up with reading, and constant review.

**3. ...attended class regularly.**

*How?* Prioritize activities in your life. Being successful in classes means you can do all of the extra activities.

**4. ...chose an active note taking method for each class.**

*How?* Be active in your note taking to effectively get the most information from reading or lectures. Meet with a study skills professional at the CSL to figure out how to best organize your notes.

**5. ...learned new terms as they were introduced.**

*How?* Make flash cards or word lists to constantly review and learn information into your long term memory which is easier to recall.

**6. ...made an effort to understand material, not just memorize it.**

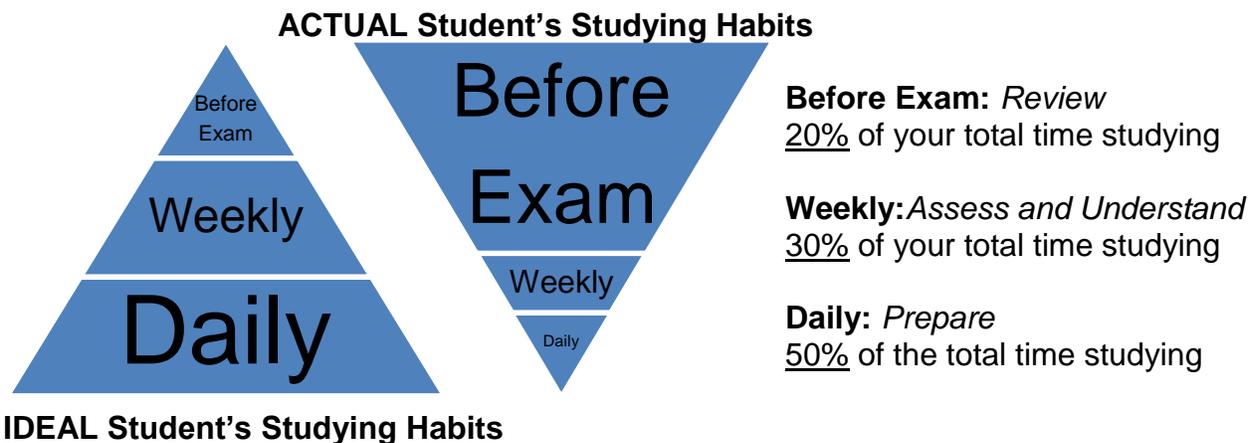
*How?* Think about the ‘big picture’, and how new information ties with previously-learned information. Make effort to apply material and think critically.

**7. ...organized information in ways that made sense.**

*How?* Figure out which graphic organizational method works best for you and the class. This can be a creative way to remember information.

**8. ...studied in ways that made most sense to individual and topic.**

*How?* Try different ways of studying – groups, read aloud, make drawings, create flashcards, meet with professor, etc.



## CofC's Top Five Study Strategies

### 1. Power Hour

*How?* Study by chucking material into hour increments to learn information most effectively. 5 minute preview of the material you will learn during that time, 40 minutes of studying, 10 minute break, and 5 minute review of the information you just went over. This process can help you draw connections, chuck material so you are not covering too much without going over it, and review material so you are sure you have learned it fully.

### 2. Review your notes within 24 hours

*How?* Without ongoing review, you lose 98% of the total sum of ideas entering the mind within a 4 week time. Review your notes soon after class in order to transfer what you've heard from your short term to long term memory. This only takes a short amount of time each day to skim your notes and be sure you are learning the information.



**“Algebra class will be important to you later in life because there’s going to be a test six weeks from now.”**

### 3. Use your learning style to your advantage

*How?* Know your learning style to know how to use it to your advantage. Each learning style has different style techniques that are geared towards how that learner learns best. Take the VARK and see where your learning preferences are then you can begin by using the suggested studying techniques as a foundation for new ideas for studying that can work uniquely for you.

### 4. Make a study schedule

*How?* One of the biggest challenges to studying is actually doing it. Use a paper schedule or one online and be sure to stick to it. Schedule all of your commitments, as well as regularly scheduled study time. During this time you could be preparing for class coming up, reviewing from a class that just happened, doing homework, or studying for a test. Be sure to always get started on time; don't allow yourself to procrastinate!

### 5. Know your resources for help

*How?* Professors, teaching assistants, peer educators, tutors, the Center for Student Learning, and other resources on campus are here to help you when you are challenged with academics. Advocate for yourself and find the help you need so you are able to be fully successful in your classes.