

Study traps are all around you! If you have found yourself saying any one of these ten true student quotes, find out the tips and tricks to avoid falling into the trap!

“I don’t know where to begin!”

- Take control and prioritize! Make a list of the things you have to do.
- Break your workload down into manageable chunks.
- Schedule your time realistically.
- Don’t skip classes near an exam – you could miss a review session.
- Use time in between classes to review and edit notes.
- Interrupt study time with planned breaks.
- Begin studying early, but increase study time as exams approach.

“I’ve got so much to study... and so little time.”

- Preview and skim your reading! Read chapter summaries and chapter headings.
- Survey your syllabus, reading material, and notes to identify most important topics.
- Use the table of contents to help you identify key concepts and terms.
- Make study sheets to help coordinate material.

“This stuff is so dry I can’t even stay awake reading it!”

- Get actively involved with the text! Read with a pen in your hand.
- Ask yourself, “What is important to remember about this section?”
- Take notes, underline key concepts, and make notes in the margin.
- Discuss material with others in your class.
- Use table of contents to give an overview and outline of the chapter.

“I read it. I understand it, but I just can’t get it to sink in!”

- Try to connect what you are studying to what you already know.
- Convince yourself that the material you are trying to learn is important.
- Chunk information together to make class materials easier to remember.
- Try to use as many senses to help remember information. Talk about it, draw a chart or diagram, think up your own examples to illustrate concepts, use mnemonic devices, make study cards, etc.

“I guess I understand it.”

- Test yourself! Change chapter headings into questions.
- Create your own examples of concepts discussed in readings or class.
- Be sure to master information before you move on to another topic when studying.

Turn the page over for even MORE study traps to avoid!



"Pears Before Swine" Comic Strip

"There's too much to remember!"

- Organize! Recall information easier by understanding how information is organized.
- Group information into categories or chunks when studying.
- Write chapter outlines or summaries; emphasize relationships between sections.
- "Map" your information. Make charts or diagrams that show relationships between different sections.

"I knew it a minute ago."

- Review! After reading a section, try to recall the information you have just read.
- Ask yourself questions to monitor your own comprehension.
- Edit and review your notes within 24 hours of class.
- Write summaries of notes immediately after each class.

"But I like to study in bed!"

- Remember context! Recall is better when the study context (physical location) is similar to the test context. The greater the similarity between the study setting and the testing setting, the greater the likelihood that material studied will be recalled during the test.

"Cramming before a test helps keep it fresh in my mind!"

- Spacing: Start studying now, and keep studying as you go along. Begin with an hour or two a day for each subject. Increase study time as exams near.
- Recall increases as study time is spread out over time.
- Studying 1 hour each weekday is more productive than studying 7 hours on a weekend day!

"I'm going stay up all night until I get this!"

- Avoid mental exhaustion. You will have greater recall if you have a rested mind before a test. Staying up all night interferes with your concentration and your ability to recall the information you have studied.
- Use study breaks to help you relax and unwind.
- Eat well, exercise, and get enough sleep so you will be at your mental and physical best when you take your exams.