

STUDY STRATEGIES

THIS GRAPHIC INCLUDES STUDY STRATEGIES THAT HAVE BEEN WELL RESEARCHED AND/OR PROVEN EFFECTIVE BY STUDENTS

Distributed Practice

When studying for a test, it is best to start a week before the exam and work on different topics each day leading up to the test. Start with the most difficult topics and work backwards

Reference Sheets

When you begin studying, or when you begin learning new materials after an exam, start putting key terms, definitions and formulas on one page so they are easy to find when it's time to review

Practice Tests

You can use old quiz, homework or textbook questions to put together a practice exam. Not only will you be studying, but you will also be working to decrease test anxiety.

Teaching

If possible, get together with some of your classmates and take turns teaching the material to each other

Other Tips & Tricks

- Make sure to take breaks when studying
- Eliminate distractions as much as possible
- Ask for help if you need it!

References