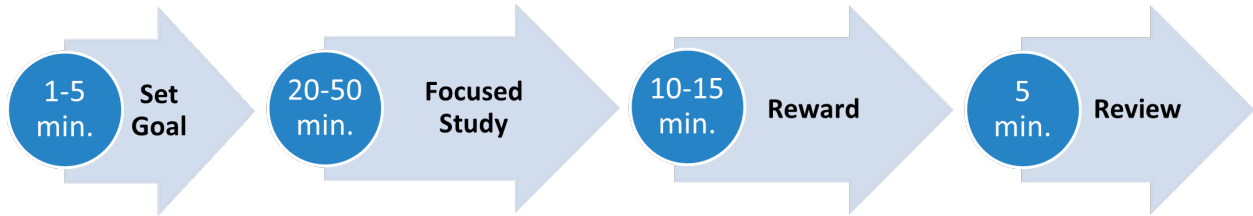


TIPS FOR EFFECTIVE STUDYING: STUDY SMARTER NOT HARDER

Intense (and Effective!) Study Sessions can be short, but they must be focused and incorporate active learning and assessment.



Identify a Goal

Make it:

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

Use Active Study Strategies

Be interactive:

- Reorganize notes
- Summarize
- Do practice problems
- Teach to a friend
- Create visuals

Take a Break

Reward yourself:

- Go for a walk
- Watch a fun video
- Treat yourself

Assess Yourself

Review material:

- Did your study strategies work?
- Need to adjust anything?

BE INTENTIONAL WITH YOUR STUDYING

Make a Plan

Prioritize your tasks and map out your study plans

Challenge Yourself

Once you've mastered a topic, push yourself to focus on concepts you find more difficult.

Consider Your Environment

Need quiet or background noise? Working alone or with a study buddy? Are you reducing distraction?

Space Out Your Study ([Distributed Practice](#))

Short sessions over a longer period are more effective than one long session.

Switch it Up ([Interleaving](#))

Switch between topics to strengthen learning and create links between ideas.

Make Time for Self-Care

Stay hydrated, prioritize sleep, and move your body. Eat food that sustains you!

Make it Fun & Doodle ([Dual Coding](#))

Combining words *and* images enhances learning, so doodle away! Timelines, flowcharts, graphs!

Enlist Support!

Find a study buddy or accountability partner. Reach out to Tutoring Center staff, librarians, faculty—we're here to help!

RESOURCES

Tutoring and Study Help:

- The [Tutoring Center](#): Drop-in tutoring, help with study strategies, and time management tips.
 - Available [online](#) in Teams and in person in the Learning Commons
 - View our [tutoring schedules](#)
- [Online learning materials](#)
- [Study support and virtual study spaces](#)

Textbooks:

- Library [Textbook reserves](#)

Research and Papers:

- [Reference and research help](#): Chat with a librarian 24/7 or set up an appointment!
- [The Writing Center](#)
- Citation resources, including [Writing Center handouts](#) and [Library LibGuides](#)
- [Grammarly](#): Great for final edits on your draft

Tech and Software Support:

- [Help Desk](#)
- Library [Technology reserves](#)

Stress Relief and Wellness:

- [Study Support and Wellness Resources](#) Stress relief activities and virtual study spaces!
- [Virtual Makerspace](#): Take a break from studying with fun STEAM projects!
- [Wellbeing Programs](#)
- [Counseling Center](#): Make [an appointment](#) or check out [helpful resources](#)

