

Peer Instructor Study Tips F2014

1. Find an environment that is comfortable for you. I personally like some background noise; others work best in complete silence. Finding somewhere you can focus best is key.
2. Study with classmates! Explaining concepts you understand helps solidify them further and if there is something you don't quite grasp, someone else probably does and can help you. Talking out loud, finding solutions, and learning new information with others will help you and them learn the material.
3. If you are getting too frustrated with something, take a short break. Either work on something else or take a small walk. The work is usually less frustrating when you come back to it.
4. Give yourself motivations/rewards: promise yourself that if you buckle down and finish reading the chapter or do the last 10 problems, you can do something you enjoy like watch an episode of your favorite show or take a walk to the coffee shop for a treat. Having something to look forward to will help beat the urge to procrastinate and help you to focus and get work done faster.
5. Use a sensory trick to help you remember: having a trigger while you study that you can use while taking an exam will help you remember information. For example, if you usually write in blue pen, write out a study guide in purple and use the purple pen during the test. Or, spray a perfume or cologne while you study, Small things can help jog your memory when you draw a blank.
6. Re-write and read your notes aloud: sometimes just typing things up and reading them on a screen isn't enough to really comprehend what you're trying to learn. Physically writing them out on paper takes more concentration so they will stick in your memory better; reading your notes aloud (even just to yourself) can do the same thing.
7. Review notes weekly. Do not wait until the night before the test to start studying. This causes a lot of stress and the information will not be remembered beyond your short term memory.
8. Use the study guides the professor provides.
9. Restrict yourself from any social media
10. Study the vocabulary! Make flash cards. Learning new information starts with memorizing important words.
11. Do not simply try to memorize information; you have to **understand** the material.
12. Don't procrastinate

13. Take your homework with you when you go to work; you never know when you'll have down time (especially with on-campus jobs).

14. Get the easy stuff done first; it takes less time and is most likely due sooner anyways.

Also, here is a list of tips Alexa found online if you need any more examples. <http://college.usatoday.com/2012/12/13/23-science-backed-study-tips-to-ace-a-test/>