

# How To Study

Everyone studies a little bit differently; you may already use a few of these strategies. If so, try adding a new strategy to your repertoire. Here are some suggestions for different ways to learn and remember the main themes, topics, ideas, and details of your courses.

- Understand the **Learning Cycle**
- Take **lecture notes**
- Use the **SQ3R** reading strategy for textbooks
- Use **Graphic Organizers** to help make connections and add meaning and structure to course content
- **Summarize** key concepts in your own words and recite back to yourself
- Self-test your knowledge using chapter questions found in the text book
- Think analytically and critically about the course content, then self-test your understanding by making up your own questions using heading titles, and bolded text as the prompts
- Re-read and review study notes regularly
- Create **Mnemonics** to remember complex ordered series or multi-step concepts (e.g. acronyms, short rhymes, memorable associations)
- Reinforce your knowledge by discussing and reviewing it with others in a study group
- Use practice questions and previous exams to pre-test yourself on the knowledge and skills you will have to demonstrate

## And most importantly...

- Commit only to studying during your dedicated study time. Effective studying cannot happen if you are constantly distracting yourself with other things (i.e. watching t.v., listening to music, Facebook, Twitter, texting, or checking your phone). Effective studying does not happen while you are multi-tasking. Your grades are important to you. Give your study sessions the priority attention they deserve.

## Want More?

For more tips to help you get the most out of your preparation for tests and exams, see the [Handouts](#) and [Workshops](#) sections of the [Academic Learning Centre](#) website. Or, why not make a one-on-one appointment with one of their Learning Specialists, to help with any of the following common areas of development:

- Time Management
- Goal Setting
- Textbook Reading
- Note Taking
- Memory and Concentration
- Preparing For Exams
- Multiple Choice Exams