

“A” Student Study Skills

1. Learn Good Classroom Behavior

- Be prepared for class so that when the professor begins lecturing you are paying attention, ready to take notes, and are able to grasp the important concepts. Paying attention and taking good notes provides the basis of understanding of important study material.

2. Be Organized

- Use Canvas/Google/Apple calendar or a physical planner to track due dates, upcoming projects, and tests. This will help you to plan your study time and ensure you have plenty of time to prepare for upcoming assignments. Add study time onto your calendar each day as if it is an assignment.

3. Make A Realistic Plan

- Be generous with estimates of time to complete assignments and learn new topics. We tend to estimate less time than is actually needed to study. If your study time takes 4 hours, but you plan 2, you may begin to feel anxious and overwhelmed. Being generous with scheduled time will make you feel more in control and accomplished throughout the semester.

4. Take Breaks

- It is just as important to take breaks during studying as it is to be realistic about how long it will take. Studies show that we retain more if we take a break at least every 45 minutes, for at least 5 minutes. If you have to study or work on assignments for hours at a time, set an alarm for every 45 minutes. Then stand up, walk away from your study area, and give your BODY and BRAIN time to rest.

5. Practice Multiple Study Styles

- Don't ONLY take notes and read the material.
 - Create mnemonics for lists of information that need to be memorized; common examples include RICE (Rest, Ice, Compress, Elevate), or Please Excuse my Dear Aunt Sally (order of operations). If you don't find a commonly used mnemonic, try creating your own by Googling a mnemonic creator.
 - Try a multisensory approach that involves speaking, listening, and looking at images of study information. Speak topics out loud as you study. This will also

help you feel more confident using medical terms in the workplace. Listen to recorded lectures (with professor permission to record) and Youtube videos. Look at images of topics while studying, whether in the textbook or online, or draw your own images. A multisensory approach aids with learning the information as we engage with the topic multiple times in multiple ways.

6. Find a Study Buddy

- Assign chapters or topics to each other, then during scheduled study time teach your assigned sections to your study buddy. Teaching information to someone else helps us to learn it better and provides an opportunity to practice a multisensory approach to learning. Bonus: This may save time and can be a fun way to study!

7. Think About Your Study Environment

- Try multiple locations to see if there is a certain environment you like more than others. Study at coffee shops, libraries, home, your study buddies house. Switching it up can help make study sessions something to look forward to and enjoy.

8. Listen to Calming Music

- Music with words may be distracting and can make it more difficult to retain information. Search for a study playlist without words. This can help to decrease environmental distractions and increase relaxation.

9. Make a Pact

- Promise yourself you will not check social media or respond to distracting texts until you have reached a scheduled break in your study plan. Try leaving your phone in another room so that you aren't tempted. The longer you allow distractions, the longer you stretch out your study time.

10. Study Smarter Not Harder

- Use study aids that already exist to save time and engage with the topic in multiple ways. Search for Quizlets, PDFs, Youtube/TikTok/Instagram videos on the topic. Chances are others have had to learn the same material and creating study aids for others may have helped them to learn the material. When doing this, be sure the information you have found aligns with your lecture material.

References

Science News for Students. (2020). *Top 10 tips on how to study smarter, not harder.*

<https://www.sciencenewsforstudents.org/article/top-10-tips-study-smarter-not-longer-study-skills>

University of North Carolina. (2021). *Studying 101: Studying smarter not harder.*

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