



Effective Study Strategies

Instead of...

Use:

Apply:

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When you study:	Cramming: Seems like it works because you remember things short-term; but it doesn't help you remember things long-term.	Distributed Practice: Put time in between your sessions, and study new material in small sections every day to better remember test material.	Begin by reviewing what you studied last, then study a bit of new material. After you've done that, find out how they relate to each other.
How you study:	Re-reading: Causes over-confidence due to creating familiarity with the words on the page.	Practice Tests/Questions: Using these resources is a good way to determine what you know and what you need to study.	Make flash cards asking short-answer questions to test what you know.
	Underlining: Too passive of a process. Causes simple re-reading & skipping information that isn't underlined but equally important.	Notes Written As Questions: Help identify main ideas of complex material.	You can create a study guide for yourself by writing your lecture and reading notes as questions.
	Summarizing: Encourages simple re-reading strategies with no significant effect on actually remembering test material.	Elaboration: Connect new information to things that you already know.	Ask yourself: When, where, & how could this be useful in the future? What makes this topic significant to the lesson?
Where you study:	Studying In The Same Places: Will help you remember while studying, but won't help when it comes to taking the test. Mix it up to avoid linking new information to your physical environment.	Designate Places For Studying: Find somewhere other than your bed or bedroom to study. Without realizing, our brain will associate location with action. Finding a good "study spot" is important.	Find multiple places to use only when you study. A couple good places on campus are: Malpass Library, The Union, The MCC, and so many more!