

# Tips for Effective Study

**The most common barrier to success encountered by college students is a lack of effective techniques for study and exam preparation. Here are few tips for preparing for final exam.**

1. **Time Management:** Make an agreement with yourself that you will study a certain amount of hours each day and what you will achieve within those hours.
2. Do not wait until the night before an exam to study. You should be regularly reviewing your notes, but the preparation still takes time. Review your notes every day.
3. **Study in Groups only if it Benefits You.** Certainly there are many cases where studying in groups can be beneficial, since many minds working together can help explain concepts better than you perhaps did not understand. However, a study group only works well if you are concentrated and serious. If not, conversations, jokes, and distractions can take control of the study sessions.
4. Avoid scheduling marathon study sessions. Remember, distributed practice is superior to mass practice (i.e. cramming). So, review throughout the semester--not just the night before.
5. **Find A Quiet Place To Study:** Studying for finals takes a great amount of concentration. Find somewhere to study that is conducive for concentrating and learning. A place of study should be quiet, comfortable, and distraction free.
6. Occasionally use a library for studying; you may need research materials to help.
7. If you need a short break, take one. Better yet, plan short breaks after every 30 minutes of study time.
8. Avoid noise distractions including TV, video games, e-mail notifications, and friends chatting.
9. Notice how others misuse your time (chat sessions, phone calls, etc) Ask for their cooperation.
10. Study difficult subjects first.
11. Be aware of your best time of day (when your energy is highest).
12. Get off the phone.
13. Begin your study session by reviewing your lecture notes. If you will have comprehensive exams try to review one unit at a time. As you review your notes, try to verbalize a summary of the key ideas for each day's lecture. Ask yourself several (10-15) short answer questions over the lecture's content.

14. Then review your textbook assignments by:
  - a) Looking at study guides provided by professors.
  - b) Answering questions or problems at the end of the chapters.
  - c) Re-reading the textbooks.
15. Review your annotations.
16. Ask yourself questions you think your professor would ask you.
17. Get a good night's rest. Sleep can have a substantial impact on memory and cognitive functioning, decision making and problem solving.
18. Get up early, eat breakfast, exercise, shower, and go to class.
19. Remember, exam anxiety can result from poor planning and ineffective study strategies. Avoid this type of anxiety by setting goals and mastering your plan.
20. Get Enough Sleep.