



Study Skills

Why Study Skills and Learning Styles Are Important

If you know how to effectively study, you can help yourself become a more successful student. Throughout your academic career, you will be tested on your knowledge of a topic in nearly every course you take, so studying for those tests properly will be vital for your success in the class. Learning styles can help you understand how you best learn and then you can tailor your study time to maximize your strengths.

Suggestions for Effective Study Techniques

Vary Study Materials

While you study, vary the different materials that you are reviewing in a single setting. For example, when studying for a foreign language exam, alternate reading with writing, vocabulary drills, and listening.

Vary Setting

Try out different locations for your study times. Shifting the setting for your study sessions creates multiple associations that can help fix ideas in the mind.

Study in Phases

Space your studying time apart. Cramming one type of material in a long session is not as effective as breaking up study times over a longer period of time.

Test Yourself

Make your self-evaluations of your knowledge into a game. Give yourself questions, quizzes, and practices drill to promote mastery of the material. The more practice you have with the material, the better!

Connect With Your Instructors

Remember, your instructors are here to help you, so introduce yourself during office hours, use office hours and email to ask questions or seek help, and visit with them before and after tests, if you have questions.

Quick Study Tips

- Cramming is NOT the most effective strategy
- Reading throughout the semester, attending class and frequently reviewing notes is more effective and less stressful
- Creating a study plan for tests can reduce stress
- Don't "over-study" and absorb useless information
- Take breaks during study periods, like a 10-minute break every hour



Helpful Links to Explore

StudyBlue

<https://www.studyblue.com>

Create flashcards, quizzes, and tests

Bubbl.us & MindMup

<https://bubbl.us/>

<https://www.mindmup.com/>

Create mind maps

iSpeech

<https://www.ispeech.org/>

Chrome browser extension that converts text to speech

Try an App

Quizlet

Find, make, and share digital flashcards, tests, and games

StudyBlue

Find, make, and share digital notecards

StudyStack

Create or use shared flashcards on any subject

All resources above are available on the web and with mobile devices

Understand What Type of Learner You Are

Visual Learners

- Often close their eyes to visualize or remember something
- Find something to watch if they are bored
- Like to see what they are learning

Study Tips:

- Draw pictures in notes
- Benefit from illustrations and presentations that use *color*
- Use diagrams, mind-maps, underlining, graphs

Auditory Learners

- Sit where they can hear, but don't need to pay attention to what is happening in front
- Hum or talk when bored
- Remember by verbalizing lessons to themselves and reading aloud

Study Tips:

- Study in groups, talk things out
- Record lectures, tutoring, study groups
- Reduce lecture notes to main ideas

Reading/Writing Learners

- Take numerous detailed notes
- Usually neat and clean/organized notes
- Like to see what they are learning

Study Tips:

- Take lecture notes
- Use a variety of colors, pens, and notes
- Make and use flashcards for studying

Kinesthetic Learners

- Speak with hands and gestures
- Find reasons to tinker or move when bored
- Enjoy field trips and tasks that involve manipulating materials

Study Tips:

- Draw charts or diagrams of relationships
- Trace letters and words to learn spelling and remember facts
- Uses a non-distracting movement while you learn (tap a pencil, chew gum, shake foot)

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