Quick study tips:

- Cramming is not the most effective test preparation strategy.
- Reading throughout the semester, attending class and frequently reviewing notes is a much more effective strategy and less stressful.
- Creating a study plan for tests can also reduce stress.
- Don’t “over-study” and absorb useless information.
- Take breaks during study periods. A great idea is to take a 10 min break every hour or so.

Connecting with your instructors:

- REMEMBER They are here to help you.
- Introduce yourself during office hours.
- Use office hours and email to ask questions or ask for help.
- Visit with them before and after tests, if you have questions.

Try an App!
StudyBlue: Find, make, and share digital notecards for any subject.
StudyStack: Create or use shared flashcards to study for a variety of subjects.
Both are available on the web and with mobile devices.

Helpful weblinks to explore:

StudyBlue – [https://www.studyblue.com](https://www.studyblue.com) - Flashcards and quiz/test creator


SpeakIt!.com – Chrome browser extension, converts text to speech.
Understand the kind of Learner you are:

Visual Learners
Does this sound like you?...
- 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 & presentations that use color
- Use diagrams, mind-maps, underlining, graphs

Auditory Learners
Does this sound like you?...
- Sit where they can hear, but don’t need to pay attention to what is happening in front
- Hum or talk to themselves or others 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
Does this sound like you?...
- Take numerous detailed notes
- Usually neat & clean/organized notes
- Like to see what they are learning

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

Kinesthetic Learners
Does this sound like you?...
- Speak with hands and with 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 to remember facts
- Uses a non-distracting movement while you learn (tap a pencil, chew gum or shake foot)