

Study Tips



Don't Wait to Study the Night Before an Exam

- Waiting the night before to study for an exam to study leads to cramming.
- Cramming can lead to increased test anxiety.
- Instead of cramming, study a little material for your classes every night. This helps you retain the material.



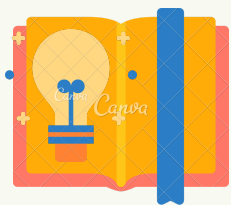
Join a Study Group

- A study group can help you understand difficult concepts or ideas.
- By studying with others you are able to reinforce your knowledge of class material.



Take Good Notes

- Keep notes from different classes separate.
- Create a note outline to help organize class material. This can help you when studying for an exam.
- Write down anything the professor emphasizes or writes on the board.



Understanding the Material

Aim to understand material from class instead of trying to memorize it. To see if you understand the material, try to explain the concept to a friend or yourself without looking at your notes.



Did You Know?

You are more likely to retain material from class if you review it 24 hours after hearing it .