Effective Study Skills and Tip

During college, finding the study method that works for you might be hard at first. Still, once you find the right strategy, you will apply those study skills to enhance your academic performance. Today we are going to go over some effective study skills and many helpful resources.

1  Where do I study? - Some students might like to study in their room, or others may want to study at the library.
   • Identify the location you are going to be studying. This location is used for study purposes. Once you have studying in the spot for about a week, your body will associate it with the thought of its time to study.
     Quiet/Isolated Locations:
     ▪ Tiers at the Library
     ▪ Empty Classrooms
     ▪ Residence Hall Dens
     ▪ Browsing Library (MU)
     ▪ Quiet Areas on campus
     Like a little background noise?
     ▪ The Hub
     ▪ Multicultural Student Lounge (MU)
     ▪ Lower levels of the library
     ▪ Hixson-Lied Student Success Center
     ▪ Cafes and commons in Academic Buildings
     ▪ Study Spaces on campus

2  How do I concentrate? It might be hard to get started and stay on one particular task
   • Set goals while you study
     These can be based on how many numbers of pages you read or how many problems you complete.
   • Minimize distractions
     ▪ Put your phone away or turn it on do not disturb
     ▪ Forestapp - popular productivity app helps people beat their phone addiction and manage their time excitingly and pleasantly. Users can earn credits by not using their cell phones and plant real trees worldwide with the credits.
     ▪ Find a routine; block out times during the week to studying. Try to study in the morning and afternoon to see what works best for you.
     ▪ Bring everything you need and if possible leave things that you don’t need back in your room
3 How do I approach studying?
   - You take control!
   - Make a list of things you want to get done while studying
   - Read the course reading material,
   - Get organized
     - When you have a big exam, organization is critical!
       - 5 Day Study Plan
       - Create a five-day study plan- with this plan, you are taking steps to be successful

4 How do I review what I learned?
   - Read the required course readings
     - Practice summarizing what you read, describe what you read
   - Attend class and take notes
     - Revisit notes after class
   - Create or fill out a study guide
     - Quiz yourself on the study guide

5 What if I am stressed while I study?
   - Take study breaks-
     - Once you have studied for 25 min you can take a short break and then get back to studying.
     - Tomatotimers
       - The tomato timer is used for time management method, it helps you focus on study sessions, that allows you to have study breaks to help you concentrate more

- General Tips
  - For a supportive study group that will hold one other accountable
  - Reward yourself: if you complete a difficult task, reward yourself with; phone time, longer breaks, or even your favorite piece of candy or favorite snack