

Study Skills

Create a Study Plan

- When are you most productive?
- What time will you start?
- Prioritize and list tasks in the order you will complete them
- Break down large assignments that will require multiple tasks

Consider the Essentials

- Find a well-lit, comfortable (but not too comfortable) place with minimal distractions
- Minimize distractions (TV, phone, friends, noise)
- Gather materials- books, pen/pencil, notebook, laptop, etc.

General Study Tips

- Alternate subjects or type of work (from reading, to research online, to math problems)
- Pomodoro Technique: Set a timer for 25 minutes of work and then take a 5 minute break (grab a snack, stretch)
- If listening to music, listen to music that is relaxing/calming to you
- Study with a friend/classmate (it is okay to check in with each other for the first 5 min but remember this is time to study not socialize)
- Summarize and Annotate
- Explain concepts/topics to yourself or to a study partner

5 Day Study Plan Example

Date: 10/25/2020	10/26/2020	10/27/2020	10/28/2020	10/29/2020
Plan: Chp. 2 & 3 Create notecards for key terms	Chp. 4 & 5 Create notecards for key terms	Create questions and identify key topics	Create Study Guide	Review Study Guide and note cards
Time: 2 hours	2 hours	1.5 hours	2 hours	1.5 hours
Review:	Review notecards for Chp. 2 & 3	Review notecards for Chp. 4 & 5 Review notecards for Chp. 2 & 3	Review Study Guide Review all notecards	Review Study Guide and note cards