



Studying More Effectively

- ✓ Review your class material immediately following the class. A good trick after class is to start with a blank paper and try and recall as much information as you can without looking at your notes!
- ✓ Always take breaks during study periods and study for short periods at a time. Research shows that it is ineffective to study for more than 2 hours at a time. After that, you start experiencing diminishing returns. Consider instead studying for 30 minutes, taking a five minute break, then thirty minutes again.
- ✓ Decide on your study space. Remember that it is important that this is a place that you only associate with studying. Ensure that you will have everything you need in this space. Think of using the learning center, the library. Beds and couches are NOT ideal.
- ✓ Study Groups! Sometimes having an accountable partner or partners help ensure that we stay on task and accomplish our goals. Additionally, being able to talk through the material verbally is a great way to remember it!
- ✓ Schedule time throughout the week to study consistently. It is never a good idea to wait until the end of the semester to try and cram everything at once. Chances are it WILL NOT work! The information will only be committed to your short term memory.
- ✓ When you study, move from General ideas to the specific details. This is an effective way to remember information.
- ✓ Use your creativity and imagination to form associations between new ideas and information you want to remember. If you can connect new ideas to already learned information, or to your own understanding of ideas, this will be very effective!
- ✓ Sometimes flash cards can be very effective. Consider putting key terms/questions on the front of the card, then filling in the back with the definitions/answers to questions.
- ✓ For those who are visual learners, consider the concept of mapping, where you create visual images of the notes on your page!

To help ensure your academic and personal success and to overcome anything causing you difficulty, please visit the Office of Retention, Diversity and Inclusion services located in McFarland 208A, call 701-845-7306 or email Nadja.johnson@vcsu.edu if you need help with anything throughout your VCSU experience.