

TOP TEN PROVEN STUDY HABITS

1. STUDY CLOSER TO THE LECTURE THAN THE EXAM

In other words, study your notes shortly after each class rather than waiting until the night before the exam to go over your notes for the first time

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2. DON'T JUST READ OVER THE MATERIAL TIME... AND TIME...AND TIME AGAIN

Testing yourself, rather than just re-reading the material, is more effective whether that be through the use of flash cards or just closing your eyes and saying the answers to yourself. An especially effective way is to ask yourself the questions and write down the answers.

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3. PAUSE AND REFLECT BEFORE MOVING ON

Rather than zipping through each item, try to learn the material in small amounts. Pause after you feel you've learned something and reflect on what it truly means, then move on to the next item.

www.ameritech.edu

4. LEARN THE MATERIAL IN A NUMBER OF DIFFERENT WAYS

Along with reading class notes and the textbook, watch a Youtube video about the subject, and/or pretend to teach someone else the material, and/or write down everything you know about the subject.

www.daniel-wong.com

5. STUDY MORE THAN ONE SUBJECT EACH DAY

Rather than spending a great deal of time studying one or two subjects a day, spend smaller amounts of time on each of your subjects each day.

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6. TAKE STEPS NOT TO FORGET

Remember, you will retain 80% of something new you have learned IF you review it within 24 hours. This review can be as short as a five-minute review.

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7. USE THE LEITNER SYSTEM

This system involves writing the names of the topics on individual index cards (one topic per card). Those topics you know well go to the back of the deck of index cards and the topics you know the least well stay at the front of the deck of index cards.

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8. USE THE FENYMAN NOTEBOOK METHOD

Write each topic that you are trying to learn at the top of a new page of notebook paper. Then go through and explain each topic as though you were explaining it to someone else.

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9. USE THE SQ3R METHOD

In this method you do the following:

- **S**urvey, briefly, the information by reading over the entire piece of material to get a general idea of what you are about to learn (this can be done by simply reading the topic headings in each chapter).
- **Q**uestion the material. This is done by asking yourself basic questions about the topic headings such as "What is the Pythagorean Theorem?"
- **R**ead the material carefully (note: most students mistakenly start out by immediately jumping into the reading material).
- **R**ecite the material. This can be done by going back and answering the questions you came up with about each topic.
- **R**evise the material you just learned (but only for a few minutes)

www.memory-improvement-tips.com

10. MAKE, AND KEEP, A STUDY SCHEDULE

Actually plan out the subjects you are going to study each day and when you plan to study each day. Remember, in college, you must study at least two hours outside of class for every hour in class. So if you are taking 15 credit hours, you need to study at least 30 hours for those 15 hours you spend in the classroom.

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