



# Study Skills Tips

**TIP #1:  
LOCATION**

Think about **how** and **where** you study best so that you can increase productive study time

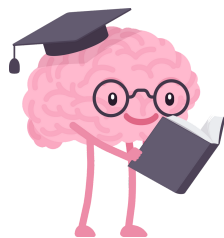
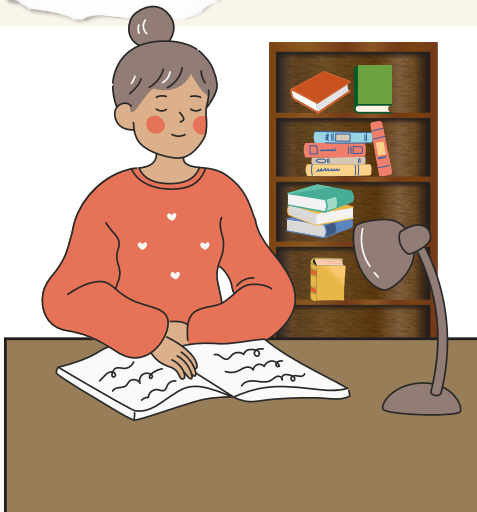
**TIP #2:  
DISTRIBUTED VS.  
MASS PRACTICE**

**Distributed vs. Mass Practice** research has shown that studying in shorter intervals with multiple breaks leads to higher grades in the long run.



**STUDY SMARTER,  
NOT HARDER**

Do you find yourself putting in hours of study but not seeing the results you desire? Transitioning to effective university study habits can be challenging; increased academic rigor demands a strategic approach.



**TIP #3:  
POMODORO  
TECHNIQUE  
(25-5)**

Choose a task, set a timer for **25 minutes**, work on the task without stopping, when the time is up, **pause for 5 minutes**.

**TIP #4:  
EFFECTIVE  
READING  
TECHNIQUES**

Use **effective reading techniques**: read out loud, skim and summarize and create an outline based on the syllabus.

**TIP #6:  
REVIEW  
YOUR NOTES**

Review your notes 24 hours after the lecture. This can help to decrease **The Forgetting Curve** - the phenomenon that suggests within 3 days of learning a material 97% of the information is lost

**TIP #7:  
ASK  
QUESTIONS**

You are more likely to implant something into your long-term memory if you **search for the answers yourself** and **stay engaged** in the material

**TIP #5:  
ACTIVE  
STUDY**

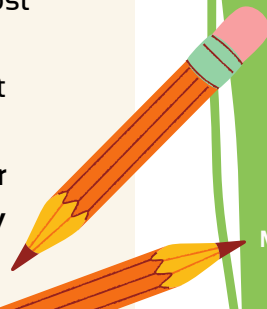
Use **ACTIVE** rather than **PASSIVE** study methods to best prepare for the exam

**ACTIVE**

- Teach the material
- Study out loud
- Test yourself
- Go to class
- Make a mind map

**PASSIVE**

- Highlighting
- Rereading
- Underlining
- Summarizing



**CONTACT US FOR MORE INFORMATION!**