

Study Skills

Create a Study Plan

- When are you most productive?
- What time will you start?
- Break down large assignments that will require multiple tasks.
- Prioritize and list tasks in the order you will complete them.
- Determine which topics you feel confident in and which you want to spend more time on.

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 - set a goal for what you each want to accomplish and check in with each other about your progress. Remember to hold each other accountable!
- Summarize and annotate often in your own words.
- Explain concepts/topics to yourself or to a study partner.

5 Day Study Plan Example

Date: 10/25	10/26	10/27	10/28	10/29
Plan: Sort through notes and begin study guide for ch. 1-3	Sort through notes and continue study guide for ch. 4-6	Identify key topics and create practice questions	Study with group and quiz each other	Teach aloud key concepts and important details
Time: 2 hours	2 hours	1.5 hours	2 hours	1.5 hours
Review:	Review study guide	Write down all important formulas I can remember on a note card	Review formula notecard and practice questions	Use white board to create a concept map

5 Day Study Plan

Date:				
Plan:				
Time:				
Review:				