

7 Traps of Studying

OFFICE OF LEARNING RESOURCES

No one ever said studying would be easy. Review the following tips to avoid common study traps.

- 1. "I don't know where to begin!"** Take Control. Make a list of all the things you have to do. Break your workload down into manageable chunks. Prioritize! Schedule your time realistically. Don't skip classes near an exam -- you may miss a review session. Use time between classes to review notes. Interrupt study time with planned study breaks.
- 2. "I've got so much to study and so little time!"** Survey your syllabus, reading material, and notes. Identify the most important topics and areas needing clarification. Focus on more challenging information first then review material that you understand.
- 3. "This stuff is so boring; I can't even stay awake reading it!"** Get actively involved with the text as you read. Ask yourself, "What is important to remember about this section?" Take notes or underline key concepts. Discuss the material with others in your class. Study together. Stand up and walk around when you read or say it aloud.
- 4. "I read it. I understand it, but I just can't get it to sink in!"** When reading, associate information to meaningful examples. Try to integrate what you're studying with what you already know.
- 5. "I guess I understand it."** Test yourself. Make up questions about key sections in notes and reading. Keep in mind what the professor has stressed in the course. Examine the relationships between concepts and sections.
- 6. "Cramming before a test helps keep it fresh in my mind."** Keep studying as you go along. Review your notes daily for ten to fifteen minutes. Study an hour or two per day one week before the exam, and increase study time as the exam approaches. Information recall increases as study time gets spread out over a longer period of time.
- 7. "I'm going to stay up all night until I get this!"** Take short breaks when studying. Before a test, have a rested mind. When you take a study break and just before you go to sleep at night, don't think about academics. Relax and unwind, mentally and physically. Eat well, sleep, and get enough exercise.