

## Strategies for Effective Studying

1. Write notes over and over again on ever smaller pieces of paper. Use abbreviations and symbols to condense information into smaller bits.
2. Review class notes within 24 hours of writing them—this helps the information get into long-term memory.
3. Make flash cards with questions on one side and answers on the other.
4. Make a song out of information you need to memorize. Or, use key terms to make a rhyme so you can remember them.
5. Outline chapters as you read, and take notes. Review those notes each day.
6. Get together with other people from the class to review the main points of the material to be studied.
7. Have a routine for clearing your mind before you study, then listen to classical music (such as Beethoven or Mozart) while you study.
8. Take scheduled breaks while studying; for example, study for an hour, take a break, and study for another hour.
9. Don't study when you're tired. It's better to go to sleep and wake up early to study than to force yourself to stay awake and study.
10. As you read a chapter, make a list of questions you would put on the test or quiz if you were writing it, and then answer them. Study this list often.
11. Use pneumonics (memory devices).
12. Rewrite important notes—especially lecture notes. Take the notes in class, and then reorganize them and rewrite them as a studying strategy.
13. Study one chapter at a time, taking notes as you read the material again.
14. Test yourself; make a list of questions from your notes and recite the answers.
15. When taking a test, go through and answer all the easy questions first, then go back and tackle the harder ones.
16. On multiple choice tests, eliminate any wrong answers before trying to choose a right answer.
17. Go into the test with confidence.
18. Draw clues to help you remember things.
19. Take notes while you study, then quiz yourself.
20. Have friends quiz you.
21. Use aromatherapy. For example, peel an orange while you study information. Then peel an orange during the test to help you remember the information you studied.
22. Avoid distractions; turn off the cell phone and find a quiet place where you can study uninterrupted.

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