

ACCESS

Study Skills Tip of the Week

Fill Up With Turkey, Don't Get Fed Up with Studying

1. Study difficult (or boring) subjects first. If your chemistry problems put you to sleep, do them first while you are fresh. We tend to give top priority to what we enjoy studying, yet the courses we find most difficult often require the most creative energy.
2. Be aware of your best time of day. Many people learn best in day-light hours. Others flourish after midnight.
3. Use waiting time. Five minutes waiting for a bus, 20 minutes waiting for the dentist, 10 minutes between classes-waiting adds up. Have short study tasks ready to do during these periods. For example, you can carry 3x5 cards with facts, formulas, or definitions to memorize and pull them out anywhere.
4. Use a regular study area. Using the same place to study day after day, helps train your body and mind. When you arrive at that particular place, you can focus your attention more quickly.
5. Study where you'll be alert. In bed, your body gets a signal. For most students, that signal is more likely to be "time to sleep!" than "time to study!".
6. Pay attention to your attention. Breaks in concentration are often caused by internal interruptions. Other thoughts jump in to divert you from your studies. When this happens, notice these thoughts and let them go. Perhaps the thought of getting something else done is distracting you. Write yourself a note about it and schedule a specific time to do it when you have finished studying.
7. Get off the phone. Turn off your phone when you are studying. This is very difficult for most people but the phone is a time thief and a distraction. Check for messages when you take a break.
8. Avoid noise distractions. To promote concentration, turn off the television. Many students insist that they study better with some background noise or carefully selected music. Know what works for you.

9. Notice how others misuse your time. Ask yourself if there are certain people who consistently interrupt your study time. Sometimes they don't realize that they are breaking your concentration. Dorm rooms are typically not a good place to study.
10. Ask yourself: How did I just waste time? Notice when time passes and you haven't accomplished what you planned to do. Take a minute to review your actions and note the specific ways you wasted time. We tend to operate by habit, wasting time in the same ways over and over again. When you are aware of things you do that drain your time, you are more likely to catch yourself in the act next time. Remember that this suggestion is not intended to make you feel guilty. The point is to get specific information about how you use time.

For more information about this and other study strategies call

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