



Tips & Tricks for Studying

Reading is not studying.

While reading the text is important, simply reading does not allow us to actively engage with the material.

Distributed Practice

Studying for short periods of time spread out over several days, rather than one long period of study

Short, intense, focused study sessions= better memory retention

Create your Own Quiz

- In each section of your textbook, pick out the topic(s) **YOU** think is the most important
- Create a practice test question about that topic
- At the end of the chapter, **TAKE YOUR OWN QUIZ**
- Review the sections of any questions you got wrong

Become the Teacher

Don't memorize someone else's words. Try to explain the material in your own words.

In a study group, with a study partner, on your own, in the mirror, with your dog, whatever works!

Helps to:

- Retain Information
- Make Connections Between Concepts
- Locate Points of Confusion

Say it Aloud

Saying the material aloud:

- Will help you retain the information
- Will point out where you are confused
- Will highlight where you might need more information

Mnemonic Devices

Mnemonic devices are techniques a person can use to help them improve their ability to remember something.

Acronyms

PEMDAS

It stands for the correct mathematical order of operations

Parentheses, Exponents, Multiplication/Division, Addition/Subtraction

Please

Excuse

My

Dear

Aunt

Sally

Chunking

Break down large pieces of information into small, organized **chunks**.

Example: Telephone Numbers!— 10 digits broken into 3 chunks

3308675309 vs. 330-867-5309

Organization

Organize information into categories

Why is this useful?

- Breaks down the amount of info to learn
- The categories will serve as memory cues in the future.

Did you know? Short-term human memory is limited to approximately 7 items of information.

Mnemonic Devices Continued..

Rhyme

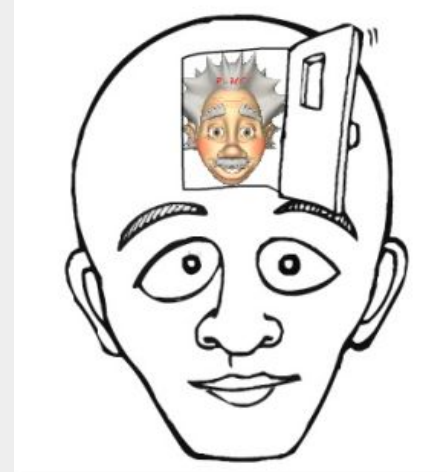
Example: The Columbus Voyage took place in 1492.

“In fourteen hundred and ninety-two Columbus
sailed the Ocean Blue.”

Mnemonic Devices Continued..

Use Visual Imagery to help you remember smaller pieces of information.

*Example: Frontal Lobe of the Brain =
Complex Thinking*



*In this Image a “Front Door” opens to
“Einstein” a complex thinker.*

Flash Cards & White Boards

Are you using them in the most effective way?

- ❑ Make them yourself
- ❑ Use **Mnemonic Devices** on your flash cards...**Acronyms, Imagery, Rhyme, Chunking, Oh My!**
- ❑ **Say it aloud.**
- ❑ Use downtime to your advantage
- ❑ Study cards in both directions
- ❑ Write it down!

**BE
KIND
TO
YOURSELF**