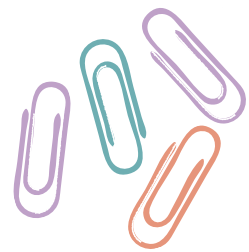


SUCCESSFUL STUDY TIPS



Environment:

A set space you use to study for upcoming tests, assessments and exams is an important first step. Having a productive space can help with concentration and focus, and help you get tasks completed. You want to find a **quiet space** where you can be **comfortable** with **minimal distractions**. To find a study space on campus, visit: [Library Study Rooms](#); [Learning Lab](#); or [Student Center Study Rooms](#).

Organization:

Keep your space **organized** and **clutter free**, with **easy access** to the supplies you need. A cluttered and disorganized space can affect your overall focus and mood. Limit distractions by silencing your phone, muting distracting apps, turning off the TV, and identifying other distractions and finding ways to temporarily silence them.

Establish Routine:

Develop a schedule and stick to it as much as possible. This can signal to your brain that it is time to focus and study, and can also help prevent procrastination. Use the study schedule provided to set up specific times you will set aside for studying.

Learning Style:

Learn about your individual learning style. Whether you are a visual, auditory, or kinesthetic learner, different styles might help you learn better. Find out more about your learning style by visiting the [Mt. SAC ASAC](#).

Active Learning:

Practice active learning by engaging with the lectures and material. Ask questions, participate in discussions both in class and with your peers, teach others the material, read, highlight, and engage with reading assignments, and take effective notes in class. To learn more about effective note taking, [Mt. SAC ASAC](#): To learn more about reading tips, visit the [Writing Center Workshops](#)

Lighting:

Keep all the lights on to increase concentration. A low-lit space can impact your brain's natural energy level, focus, and alertness.

Learn by Chunking:

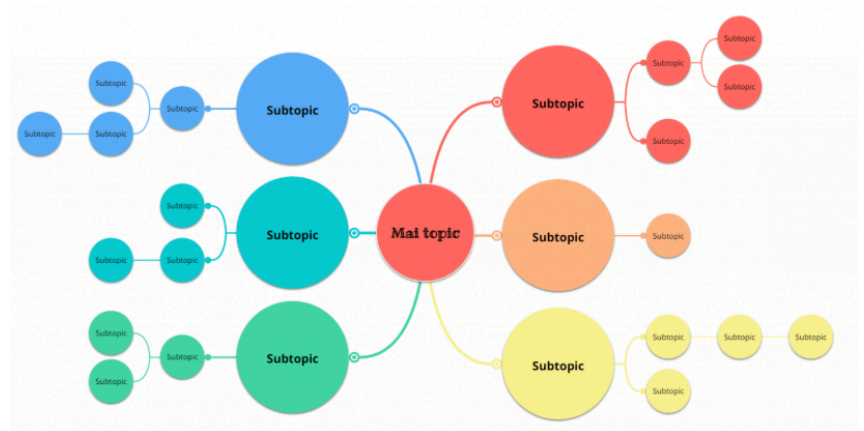
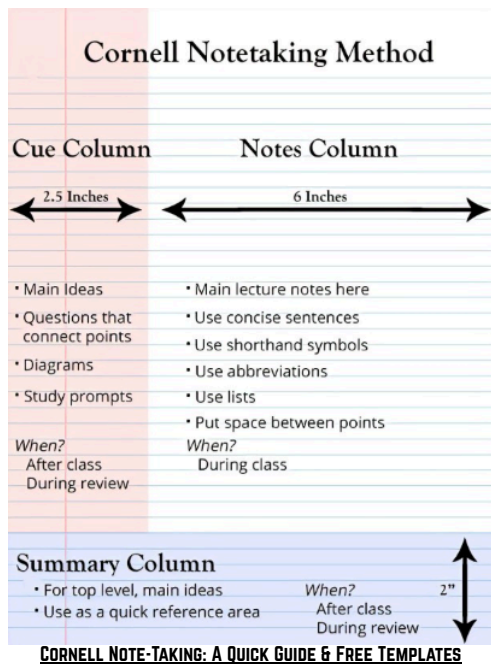
You don't have to learn everything all at once. Break down complex ideas and concepts into chunks so you can take on smaller sections at a time. Focus on one section at a time and when you have one concept down, move on to the next.

Active Listening in Class:

Pay full attention during class. Active listening not only helps you learn the material, but prevents daydreaming and zoning out. Ask questions, take notes, respond to your teachers' questions, sit up straight, make eye contact, and participate in conversations. Don't just listen but stay engaged.

Take Effective Notes:

Make your notes work for you. Write down everything that is important for you to understand the material and be able to do it again on your own. Find a system that works for you, such as using headings, bullet points, and sub-bullet points, mind mapping, or using the Cornell method. Take notes by hand whenever possible for quicker



STUDY IN COLLEGE USING MIND MAPS - ALL YOU NEED TO KNOW

Use Colors and Pictures:

Highlight what you read, color code chunks of information, and use pictures (especially if you are a visual learner), to help make digesting information easier.

Study Preparation Tips

Get Ready Before You Study

✓ Time

Set specific goals to make the most of your time studying. Work in intervals of 25-30 mins with 5-10 min breaks to stay focused and break content into chunks.



✓ Schedule

Schedule weekly study time to stay ahead. Block out regular time you will set aside every week for consistency.

✓ Style

Learn about your learning style. Different methods work best for auditory, visual, or kinesthetic learners. Learn more here: [ASAC Learning Styles](#)

✓ Space

Set a space that is just for studying. It should be quiet, comfortable, and distraction free. Keep your space organized and free of clutter.

Successful Study Tips

TO USE IN THE CLASSROOM

01



START WITH THE BASICS

Make sure you understand the material before moving on to more difficult concepts. If you don't, go to office hours or tutoring.

02



REVIEW, REVIEW, REVIEW

Repetition will help embed the material in your memory. Find what works for you, it might be re-reading, writing out, flash cards, reading out loud, or teaching the material to someone else.

03



UTILIZE YOUR NOTES & FLASH CARDS

Take notes on the material and review them to refresh yourself. Create study guides and flash drives to quiz yourself on key concepts.

04



STUDY WITH OTHERS

Group study can be helpful if it remains focused. Quiz each other or discuss concepts and help each other fill in gaps .

05



USE MNEMONICS

Use mnemonics (acronyms, rhymes, visual cues) to memorise lists or terms. Find a way to associate what you are learning with something easier to memorise.

Watch this video for great tips on memorization: [Mnemoics Explained](#)

06



PRACTICE ACTIVE READING

Engage with reading material by highlighting, taking notes, summarizing, and asking questions regularly.