

# A Collection of Study Tips \*

By Theresa Grove

\*If you have a study technique that works for you and it is not included here, send it to [tjgrove@valdosta.edu](mailto:tjgrove@valdosta.edu)

## 1. Organize and Plan

- Marathon study sessions with no breaks DO NOT WORK! Shorter blocks of intense study are far more effective than long periods that include drifting off. 40-50 minute blocks of intense and effective study time with short 5-10 minute breaks in between works for many people. You may have to figure out how you learn best,
- If you have to work 30 hours a week (or 20 hours, etc), there may not be enough hours in the week available for you to earn the grades you are capable of earning. If this is the case, take fewer hours. If you attempt 15 hours every semester, but you have to repeat 1 class each semester because you did not pass, how is this better than taking 12 hours and passing all your classes? Repeating classes is expensive and it kills your GPA. Honestly look at what you can do and adjust accordingly. GPAs matter!

the professor if you can make an appointment with them, or go see the professor at their next office hours.

- If something doesn't make sense, and professors scare you, after class try to clarify the information yourself from your textbook. However, if you are unable to clear things up, GO SEE YOUR PROFESSOR as soon as possible!!!!

## 7. Study Techniques

- Flash cards (or cut sheets of paper into 6 rectangles work great for definitions, but not complex topics or processes. When you go through cards say the definition in your head before you flip the card; do not read the word and immediately flip card and to read definition. You won't learn that way and will only learn for recognition. As you go through cards put them in piles: "definitely know", "kind of know", "have no idea". After you go through cards 1x then shuffle up the "kind of know" and "have no idea" piles and go through them again. Then repeat by shuffling up the "kind of know" and "have no idea" piles. Once all cards are in the "definitely know" pile, shuffle up the "definitely know" pile and go through them again. Repeat this process 2-3 times.

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