Suggestions for Improving Study Behavior

• Assess and understand present study behavior
  1. Time Logs – Chart how time is spent, how it could be improved
  2. Goal logs – chart what you want to accomplish and how much you achieve in time committed to study
  3. Freshmen frenzy – Be warned that college will be different than high school for most students

• Time Management
  1. Utilize a planner, to do lists of all assignments
  2. Plan extracurricular and personal time as well as study
  3. Attend class and preparation session
  4. Balance your time into efficient distribution and do not procrastinate
  5. Get a reasonable amount of sleep regularly

• Self regulation
  1. Study at a set time each day
  2. Study in the environment that’s right, eliminate distractions, use study enhancers
  3. Chart and organize notes
  4. Ask questions of the material like you are quizzing yourself (pretend you are the professor and determine what might be asked)

• Knowing one’s self
  1. Know preferred learning style and how to use it to advantage
  2. Be “self-conscious” (self monitoring) about what you do and how it works
  3. Utilize focus and self-regulation skills from other areas of life like hobbies, sports, special interests

• Innovate - try new methods or techniques
  1. Create mnemonics
  2. Do elaboration and rehearsal of material
  3. Do sample problems--answer your own questions
  4. Make internal and external connections (relate new knowledge to old knowledge – create a pattern that is recognizable

• Diagnose
  1. Mistakes made on tests
  2. Reassess study plans and make adjustments

• Utilize supplemental materials
  1. Use study guides
  2. Utilize internet sites
  3. Complete practice tests
  4. Know resource centers for writing, tutors, etc.

• Get to know the professor, visit during office hours, ask questions, seek feedback from tests or papers

• Develop a sense of academic confidence
  1. Take courses early in career that are interesting, exciting, personally satisfying
Strategies that help you prepare for college level work

1. Workshops at orientation or early in first semester
2. Tips and strategy pamphlets or on-line instruction
3. Career planning to match interest and curriculum
4. Student Success Initiatives at Iowa:
   [http://sst.provost.uiowa.edu/](http://sst.provost.uiowa.edu/)

Learn How to Study in Silence.
Shut off all noise sources (tvs, stereos, shut the window to muffle street noise). Set a timer for five minutes. Sit quietly, close your eyes and let your body relax until the timer sounds. Notice how long five minutes feels when there is no noise. Now set a timer for 20 minutes and begin to read, focusing only on the text. When the timer sounds again, stop for five minutes. Then do another 15 until you have read for a total of 60 minutes.

Too many students do not realize the value (and peacefulness) of quiet reflection and focus.

Work in a Study Group
Work with a small study group of students from class in order to double check your knowledge of the concepts and your notes.

Make a "to do" list
One night I took the dry-erase marker from my door message board and wrote a to-do list for the next day on the mirror in my dorm room. Most of us have to look in the mirror every day - it's habitual - so why not let it help you make studying habitual?

Plan Study Times
Go to the same place every day with the seriousness and expectation that you will be studying or learning for that hour.

Rewrite/Review Notes
After class find some time in the library or place of study to transfer your notes into legible, organized notes, so they are ready to be reviewed and learned.

Sleep
I just heard an expert on time management say that getting at least 7 hrs. of sleep is vital to success/productivity. That can be linked to the motivational theories (Maslow) one cannot deal with higher levels of reasoning or thinking if basic needs like eating or sleeping have not been taken care of...

Read the Syllabus
There is so much valuable information to be learned from the syllabus. If you read it carefully you can learn about time management, nature of assignments, and even about the instructor.

Prepare Ahead for Better Note-taking
Let's say that the average student could type about 60 words per minute, and that's pretty fast. The average person can write maybe 20-40. The average college professor speaks at a pace of about 125 words per minute. You have to really focus your attention and understanding of the material in order to discern what's important to write down - including being actively prepared for class, knowing the material before the lecture, and writing down your own questions to keep yourself on track.