

# **Study Skills**

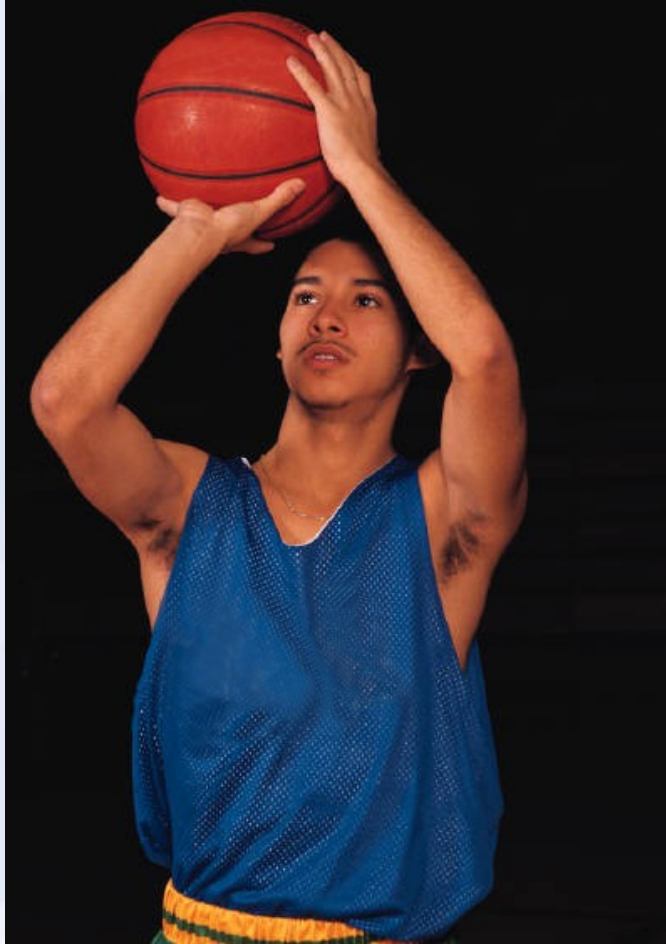
# Motivation

Motivation is influenced by both internal and external factors.

Motivation is not a stable trait.  
It is not an innate part of your character.


Motivation can be improved!

# Motivators



- Social
- Emotional
- Cognitive

# What is the relationship?

Motivation  Hard Work

Motivation  Hard Work

# How to manage your time more effectively

- Ownership of your time
- Planning your schedule
  - Know your daily alertness pattern
  - Allow sufficient time for each aspect/subject
  - Long term
  - Intermediate
  - Short term
  - Making your schedule work!



# Avoid Distractions/Time Wasters

- Computer, Internet, Xbox, Wii
- Phone—turn it off
- Visitors—do not disturb sign
- Clear work area of clutter
- Ineffective planning
- Lack of self-discipline
- Procrastination!



# Procrastination



- Why do we procrastinate?
  - Perfectionism
  - Fear of failure
  - Fear of success
  - Laziness
  - Rebellion

# Tips on overcoming procrastination



- Set personal contract/goals
- “Five minute” Plan
- Reminders
- Routine
- Do it when you think of it!
- Remind yourself of the consequences of procrastination



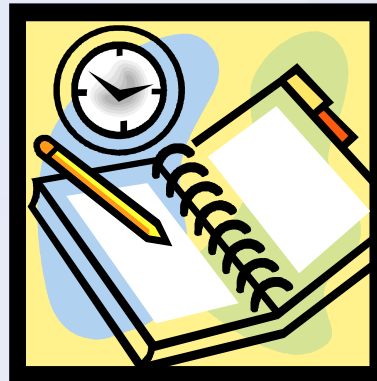
# When to Review



- Frequently during the semester
- Attend study sessions run by the professor
- Schedule several final review sessions—not one long one
- The night before—briefly review main points and get some sleep
- Do not study immediately before test time

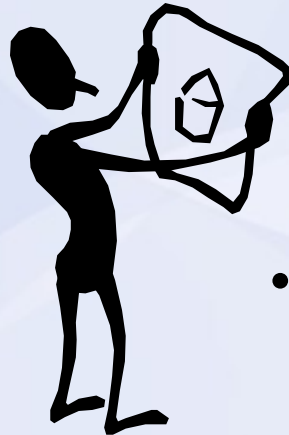
# Ways to improve studying

- Develop a schedule
- Study one subject for one hour at a time
- Keep all materials for one class in same notebook
- Have a purpose
- Predict possible ?'s
- Go over previous tests (if available)
- Make Charts



# Ways to improve studying—continued

- Use visual aids
- Instead of highlighting, use SQ4R
  - Summarize, Question, Read, Recite, Review, 'Riting
- Avoid Cramming
- Make information personally meaningful



- Method of Loci
- Quiz yourself frequently and in the way you will be tested
- Get help when struggling



# SQ4R Method

- **S = Survey**  
Look for structure & organization of chapter
- **Q = Question**  
Turn each heading into question
- **4 R's = Reading, Reciting, Reviewing. & 'Riting**  
Read to answer above question  
Recite the answer to question
- **R = Review** – immediate & delayed

# Survey: Get the “Big Picture”

- What reader aids are included in the text?
- Read all the titles and subtitles.
- Read captions under pictures, charts, graphs, or maps.
- Read the questions at the end of the chapter.
- If there is a summary read it.
- Get an overview of what the chapter is about.

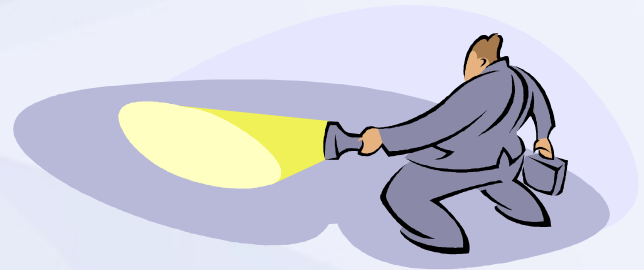
# Question: Reading for Specific Purpose

- Turn each title and subtitle into a question.
- What questions will the chapter answer?
- Ask questions that your teacher would ask.
- Ask yourself, "What did my teacher say about this chapter or topic when it was assigned?"
- What do I already know about this topic?



# Read: Active Search of Answers

- What is the writer's purpose?
- Reduce your speed for difficult passages.
- Stop and reread parts that are not clear.



# Recite: Put it your own words

- Ask yourself questions about what was just read and/or summarize, in your own words, what was read.





# Review

- Students should study their outlines and notes and be able to retell what was read in their own words.
- Read your notes and then quiz yourself.
- Make frequent review part of your study habits.



# Reflect: Making Links

- Link to previous knowledge
- How you can use this information?
- What else you need to know more about?



# Studying in Groups

- Keep groups small; 2-5 people
- Ask each other questions
- It's OK to disagree.
- Take a break when needed, whether it's to energize or cool off after a disagreement



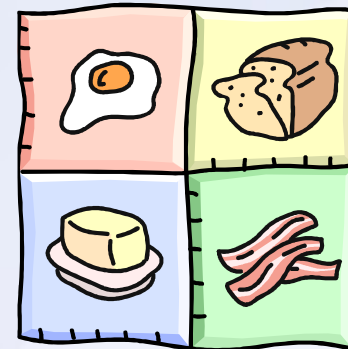
# If you feel bogged down while studying

- Get up and move
  - Stretch
  - Drink water
  - Shower
- Then go back and *review* notes



# Keep yourself in good shape

- Get plenty of sleep
- Eat nutritious meals
- Exercise
- Take time out for fun
- Play hard, study hard, and don't worry about one while doing the other



# Where to study

## Set the right atmosphere

- Be comfortable
- Organized work area
- Assemble all required materials
- Use a clean, clear work space
- Avoid distractions: **QUIET!**



# Study Environment

- Keep regular study hours
- Try to study in the same place every time – this will train your mind for “work mode”
- Be comfortable, but not too comfortable
- Try to study under same conditions as when you will take the exam

