

# **STUDY SKILLS FOR SUCCESS WORKSHOP**

**PRESENTED BY:  
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SUPPORT**

# THINK ABOUT AND WRITE DOWN

- A study skill(s) that you have used that had a successful outcome
- Things that have inhibited you from having a successful outcome

# MANAGING ACADEMIC ANXIETY

- Anxiety in college is very common
- 5 College Stress Tips
  - Get plenty of sleep
  - Think positive
  - Have a stress outlet
  - Engage in relaxation techniques
  - Talk to someone
- Avoiding stress
  - Know your limitations
  - Have a good support system
  - Understand your triggers
  - Learn relaxation techniques
  - Manage your time
  - Learn to say no
  - Exercise
  - Be more assertive

# BE ALERT & INVOLVED

- Losing attention in STEM classes can be unrecoverable
- Materials tends to build from the beginning of the class to the end
- By losing track of a few minutes in class, you could get stuck and never be able to get back on track
- This could lead to an inability to follow the lecture material or doing the wrong lab procedures

# REMAIN ALERT

- Be well rested
  - Students who get sufficient sleep the night before class pay more attention during class
- Eat before class
  - A hungry stomach can be a distraction from class
  - Some people also get tired when they get hungry
- Feel prepared
  - If you walk into class feeling prepared and ready for class it is much easier to stay alert

# BE INVOLVED

- Ask or answer questions
  - If you don't understand something ask
- Actively listen
- Participate in discussions or activities
- Avoid distractions
- Keep track of the major concepts

# FEEL PREPARED

Things to Know:

- When tests and quizzes are scheduled to avoid surprises
- When take home assignments are due
- What topic is being discussed in class when you walk in
- What the reading assignments are and stay on top of them
- Know what you missed and what you have to catch up on  
(If you miss a class, contact a classmate and get their notes)
- Practice problems by yourself or with classmates after class to master material

# MOTIVATION STRATEGIES

- Set goals
- Establish rewards
- Don't give up; redirect and review
- Believe in yourself
- Seek support
- Establish a routine
- Create to-do-lists
- Enhance your study environment (comfortable, organized, efficient)



# GOAL SETTING

- Goals help you stay focused, motivated and keep priorities in order
- Think about the end goal (small or big)
- Be specific with your goals
- Be realistic about your goals
- Think about a realistic timeframe to complete them
- Think about your personal and intellectual strengths
- Turn your strengths into details

# ATTEND CLASS

- There is a very strong correlation between attendance and grades
- Students who rarely miss class tend to get higher grades
- When you are physically in class, you hear what the professor thinks is important to learn (the material that is important to the teacher is more likely to be on tests and quizzes)
- Keeps you involved in class material and content
- If a student doesn't go to class, they tend to invest less time at home because it is easy to procrastinate
- Less time on course content leads to poor grades

# BE ON TIME TO CLASS

- Many teachers give an overview of what they plan to do and cover in class in the first few minutes
- When students arrive late they may feel lost or confused
- By arriving late, you have missed the necessary background information needed to understand new concepts
- You may have less time to complete quizzes or even miss them when late
- If attendance is taken in class, being late could hurt your grade

# SIT UP FRONT

Benefits of sitting up front:

- Helps you stay active and alert
- Keeps you from getting distracted
- Able to focus on the professor

# GET TO KNOW YOUR CLASSMATES

- Make sure that early in the semester you meet some of your classmates
- Exchange contact information with your classmates
- Classmates are an excellent resource

## **Benefits:**

- Get copies of notes
- Form study groups
- Get material you missed in class
- Confirm quiz/test dates
- Get homework assignments

# GET TO KNOW YOUR PROFESSORS

## Benefits:

- Can lead to a major change in your final grade
- You will learn to appreciate the class a lot more
- Asking for help will be much easier if you don't feel like you are asking a stranger
- It is important to show your professors that you care about what is important to them
- Ask them how you can succeed in their class
- You will feel more comfortable participating and speaking out in class
- Ask questions during office hours or after class on the material you are confused about
- You will feel obligated to study because doing poorly on a test will feel like letting a friend down

# BE CONTENT READY

- Feel confident about the current material
  - Be familiar enough with the current material to be comfortable with it
  - Believe that you can master the current material in time
  - Be prepared for the new material that you are about to learn
    - Know what topic and terms are coming up
- Get ready for new material
  - Figure out what the topics are
  - Look these topics up in your textbook
  - Read a bit about the topic before class

# DO EVERY ASSIGNMENT

- It is easier to maintain an A the whole time, then it is to recover from an F or a D
- Do every assignment
- Never take a zero on anything
- Getting 10% on something is better than nothing
- All points will add up in the end



# GOAL SETTING

- Make sure you:
  - Have a plan and a way to get there
  - Have a way to check your progress
  - Have a way to hold yourself accountable
  - Have a way to adapt to change
  - Have rewards built in along the way

# OVERCOMING PROCRASTINATION

- Procrastination is also very common in college students
- Examples include: delaying studying, avoiding homework assignments and putting off a research paper
- Procrastination can have a major impact on your grades
- To combat procrastination
  - Analyze the consequences
  - Know your excuses
  - Take control
  - Break down projects into smaller parts
  - Be accountable
  - Don't be hard on yourself
  - Take one day at a time

# MANAGE YOUR TIME

## Weekly breakdown of **168 hours**

- ✓ Sleep @ 8 hours/night = **56 hours**
- ✓ Eating @ 30 minutes per meal = **10.5 hours**
- ✓ Five (5) classes (3 credits each) = 12.5 hours + walking time to class = 10 hours avg = **22.5 hours**
- ✓ Studying @ 2 hours per class credit = **30**

$$168 - 119 = 49 \text{ hours left}$$

- If you work, those hours will need to be subtracted from the 49 left
- Add any extra- curricular activities (clubs, sports, relaxation) and the total weekly hours of 168 is pretty much used up

# STUDY AT YOUR PEAK

- If you are a morning person, study in the morning
- If you are an evening person, study at night
- Study when you are more awake and alert as you are more likely to absorb new information
- Whenever you have extra time, study
- Don't forget weekends can also be used for studying
- Ask yourself, "Why am I studying and what do I intend to gain from it?"
- Half-hearted or distracted studying is a waste of time
- If you cannot see the point in studying, it will only make it boring and tedious

# TAKE GOOD NOTES

- Note taking forces you to pay attention and helps you focus in class
- Actively engaging with the topic by listening and then summarizing what you hear helps you understand and remember the information later
- Notes are a record of what you learned in class and what you need to review
- You may physically go to class but that doesn't necessarily mean you remember what happened
- Review your notes regularly to get the most out of them
- Make them into sample test questions or even turn them into digital flash cards

# REVIEW MATERIAL DAILY

- Begin studying the very first day of class
- Studying one hour immediately after a class will do more good in developing an understanding of the material than several hours a few days later
- Studies show that as much as 80% of material learned in class is forgotten within 24 hours if there is no review
- Read and review notes before each class to recall information from previous classes and to warm up for learning
- Review your notes immediately after each class to reinforce learning
- Repeated exposure to the material will store it in your long-term memory

# REVIEW MATERIAL WEEKLY & BEFORE EXAMS

Benefits to reviewing your notes:

- Refreshes your memory and promotes better recall of the material
- Repetition is the key to remembering
- The more times you look at the material the better
- Schedule review sessions in small blocks of time
- Take breaks--get up, stretch and move around during your break
- The more active you are the more effective your study time will be
- A tired body only makes a tired mind

# THINK, PAIR, SHARE

- **Think** about what area(s) you will commit to working on this semester
  - Managing Anxiety
  - Motivation & Goal Setting
  - Overcoming Procrastination
- **Pair** with someone in the room and discuss what area(s) you will commit to working on this semester and what strategies you plan to use
- **Share** with the room what area(s) you will commit to working on this semester and what strategies you plan to use



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