

## Study Tips

### Before you study: Taking notes

Remember: *if you aren't there, your memory for the material will be weaker*

- Memories are like locks that various keys (retrieval cues) can open
- Note-taking cements the information in your memory
- Don't rely on someone else's notes except in cases of emergency or illness

Remember: *active information processing improves memory for material*

- Do not try to copy every word from slides – put it in your own words
- Even if your professor gives you slides, take additional notes
- Think about what professor is saying & write down examples s/he gives
- Think about how what s/he says relates to other information you know
- Ask yourself questions, and write down ones you can't answer to ask later

### Studying

Remember: *distributed studying will improve memory strength*

- It is better to study one hour a day for 7 days instead of 7 hours on one day
- Schedule hours for study, and stick to them as you would a work schedule
- Studying will usually take you longer than you planned – start early

Remember: *active memory retrieval will improve memory strength*

- Don't simply reread the text or skim your notes
- Answer chapter questions or study guide items without your notes
- Have a friend quiz you or explain the material to someone not in your class

Remember: *eliminate distractions to make better use of your time*

- You may not be aware of just how often you are distracted while studying
- Cell phones, internet, television, people talking, or music can distract you
- Every time you are distracted, this increases the time you need to study

### After you study: Taking tests

Remember: *get to class early to review the material in your seat*

- Having a similar context during study and test can improve memory retrieval

Remember: *first answer the questions that you can confidently answer*

- This will boost your confidence and help decrease anxiety
- With low anxiety, memory retrieval for the difficult questions should be easier
- The key to reduced anxiety is preparing for the test you will receive
- Some test anxiety is normal (it means you care about how well you will perform), but if yours is severe, please contact CAPS (192 High St.) at (860) 465-0181