Study Skills

1. The effects of “cramming” are often not immediate. Cramming can lead to poor long-term retention, which means you often have to reteach yourself. This can mean less time actually studying due to more time spent on relearning.

2. Increase your learning potential by building upon previous knowledge. Use concepts you already know (even if unrelated) to make information relevant to you.

3. Re-reading alone is not studying. Re-reading can “trick” you into thinking you understand, but re-reading really only increases your fluency with the material, not your understanding of it.

   Effective ways to re-read:
   - Re-read with the mindset that you’ll be teaching the information to someone else.
   - Re-read with the intention of identifying learning objectives or key ideas.
   - Assess your knowledge of the material and identify areas to improvement. Then, re-read to address those knowledge gaps.

4. Effective and popular study methods include:
   - flash cards
   - writing out the problem
   - teaching the information to someone else
   - small group studying
   - mnemonic devices

5. Long-term retention increases when you study one subject several days a week (and alternate between subjects), rather than cramming. When you study a subject several times throughout the week, you build pathways to your long-term memory, which can make retrieving information easier.

6. Effective time management is a centerpiece of good studying habits. To study for long-term retention, you need to budget enough time to cover all material with enough breadth and depth. Schedule times to study subjects multiple times throughout the week. By managing your time, you can increase how much work you accomplish, reduce stress, and have more free time.