• Before class, look at your syllabus and see what the professor is going to cover for the upcoming day. Look over the materials in bold and italicized print, headings, outlines, formulas, pictures, and graphs in your textbook or notes. Get the big picture for what will be covered in class.

• Continue to monitor your learning, trying to find the most effective ways to take notes, read your texts, and study for tests.

• Go to class and take meaningful notes. Because you previewed, you will feel more confident and connected in class. You will be able to anticipate what points your professor will discuss, thus improving the quality of your notes.

• As soon as after class as possible, skim over the notes you made in class. This is not studying, but this does solidify the information you learned in class so when you do study it that night or the next day the information will be fresh in your memory.

Intense Study Session

Your brain doesn’t learn best when you sit and try to learn one subject for an extended period of time. With all today’s distractions it is unrealistic to ask yourself to stay focused for hours on end. It is more realistic to stay focused for 30-40 minutes. Try doing three to four intense study sessions per day, Sunday through Thursday.

An intense Study Session is characterized by......

1. Being a 30-40 minute period of time
2. Has a specific goal of what will be accomplished while studying
3. After the 30-40 min session, take a break for 15-20 minutes and facebook, text, watch TV, etc.....

Weekend Review

On each Sunday, take all your notes out for each class or pull out your textbooks and start from the beginning of the book or notes and bring yourself to where you are at for that week in each class. Just look at the big points and the heading. In the textbooks, read the chapter summaries in the back of each chapter. You don’t have to read every word in the book or look at all your notes. The point is to see how the large concepts you are learning are cumulatively building. Also, by reviewing each weekend, you will not forget the information as easily.