STUDYING:

- Avoid cramming, numerous study sessions well in advance, is best.
- Tackle challenging subjects first: save easy subjects for last.
- Study in 45 minute intervals with 15 minute breaks.
- Create an ideal space: plenty of room, plenty of light, comfortable setting.
- Arrange to be undisturbed: take away cell phone, internet, T.V., friends, etc.
- Identify prime learning time: morning, afternoon, evening – determine when you are most alert. 
  
  *Note:* 1 hour studying in your “prime time” is worth 2 hours of studying in your “off time”!
- Study all course materials: readings, handouts, study guides, quizzes, essays.
- Condense course material: highlight important terms in book & notes, create outlines.
- Consider quiz & test questions: focus on what your instructor will expect you to know.
- Flashcards: effective for memorizing terms, concepts, and equations.
- Use a mnemonic device: a pattern of letters, ideas, or associations that assists with memorization.
- Make review sheets highlighting main ideas.
- Quiz yourself on the notes and do practice problems.
- Practice using technology applications & programs.
- Attend course review sessions.
- Check off the topic when you feel comfortable with the material.
  
  ✓ Ask the professor to go over unchecked topics.
- Additional resources:
  
  ✓ Visit your professor (after class, during office hours or make an appointment) to get help.
  ✓ Study in groups to solidify comprehension.
  ✓ Seek tutoring or writing services – visit Office of Learning Services!

### Hours to study each course per week

<table>
<thead>
<tr>
<th>Difficulty:</th>
<th>Credits:</th>
<th>Multiply by (hours):</th>
<th>Total hours to study / week:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lower Difficulty</td>
<td>3</td>
<td>1</td>
<td>3 hours</td>
</tr>
<tr>
<td>Medium Difficulty</td>
<td>3</td>
<td>2</td>
<td>6 hours</td>
</tr>
<tr>
<td>Higher Difficulty</td>
<td>3</td>
<td>3</td>
<td>9 hours</td>
</tr>
</tbody>
</table>

Lower Difficulty – advanced experience with content, performed high in prerequisites and related courses
Medium Difficulty – experience with content, performed satisfactory in prerequisites and related courses
Higher Difficulty – little to no experience with content, performed poorly in prerequisites and related courses