Shepherd Success Academy Study Tips

1. Good studying begins with good notes
   1. Preparing for an exam is an all-semester task! Take good notes using excellent shorthand.
2. Stay Organized
   1. Manage your time with a planner or calendar
   2. Plan out times to study
   3. Don’t procrastinate!
      1. “Cramming” for exams doesn’t allow you to retain the most information about what you are learning
3. Manage Distractions
   1. Know your distractions and prepare for them ahead of time
      1. Example- if you know you can’t study with the TV on, studying in front of the TV may be a bad choice for you
4. Don’t Over-Study
   1. Ask your professor how to study for each test
   2. Avoid memorizing useless information
5. Find Your Perfect Study environment
   1. Time of day, location, background noise, alone, with others…
6. Take breaks!
   1. Take a 10 minute break every hour or so, and don’t study every day in a week
   2. Your brain needs time to digest what you’ve learned, and constant effort may prohibit that process
7. Don’t be afraid to ask for help
   1. Get help from…
      1. Your professor, during their office hours
      2. Your classmates, if they seem like they have a firm grasp on the material
      3. Tutors in the Academic Support Center
      4. Your Success Coach
8. Take care of yourself
   1. Get plenty of sleep
   2. Eat regularly
   3. Get rest (just a reminder, since we’ve already mentioned breaks)
   4. These things may seem simple, but when you’re stressed they are easy to miss- make sure you meet your needs first