

## Upgrade Program- San Antonio Education Partnership

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<b>Name of Key Area</b>	College Transition
<b>Title</b>	Study Skills
<b>Goal</b>	The goal is to learn some general basic study skills that can help you get started as a college student again.
<b>Advisor &amp; Date</b>	Micaela Rios, Spring 2019

Welcome back to college!

If it has been a few years since you have last been in school, you will find that getting back into the rhythm of studying can be a challenging, yet rewarding experience. As an adult student, you are investing time, energy, and money into your coursework. Here are some general tips study tips you should note.

### 1. Know your learning style:

If you are currently enrolled in school, you may be noticing trends of how you best learn new material. There are three common learning styles:

Visual Learners: Visual learners understand and learn best when information is presented to them visually. Seeing information helps these students visualize concepts taught.

- Auditory Learners: Auditory learners learn best by listening to information. Hearing information helps these students internalize concepts taught.
- Kinesthetic Learners: Students that understand and learn best when information is presented to them kinesthetically. Using their hands or bodies helps these students experience the concepts taught.

Ask yourself: How do you best learn material?

To help you answer the question, take this quiz here to evaluate your learning style:

<http://www.educationplanner.org/students/self-assessments/learning-styles.shtml>

### 2. Schedule sufficient time for studying:

The general rule of thumb is that for every 3 credit hour course you are enrolled in, you want to estimate about 3-6 hours of time studying, beyond the classroom. If you are enrolled in two courses, that's about 6-12 hours per week of studying. Another aspect to consider is scheduling time to study when you feel most alert. If you are an early riser or a night owl, try to schedule your study time at a time that is convenient and best for you.

### 3. Find the right study space:

Studies show that the place where you study affects how you will remember information.

"Context-dependent" means that you'll remember something more in the place where you first learned it. This is why it is important to pick a regular place that works for you. Pay attention to noise levels, traffic, clutter, lighting, comfort levels, etc.

### 4. Keep up with your assigned reading(s):

Depending on your coursework, you will likely have a lot of reading. College is different in that there are less assignments than say, high school. However, grades are heavily based on exams and participation. Make sure that you are keeping up with reading to avoid falling behind.

**5. Talk to your instructors:**

Get to know your instructors early on! Go to office hours or email your instructor at the very beginning of your semester. Sometimes, courses can be large and it is important to build rapport with your instructor early on so that they know who you are, and so that they can provide any early support that you may need. You want to avoid going to your instructor at the end of the semester, asking for extra credit. Be proactive and seek the support you need. Instructors are often willing to help and provide suggestions!

**6. Utilize resources on campus:**

As a student, you pay both tuition and fees, so make sure to utilize the resources on campus like the tutoring centers, writing centers, computer labs, workshops, library, etc. Don't forget to also utilize study groups that your class may offer.

**7. Study with a partner or group:**

Some individuals learn better in group settings, while others learn better studying on their own. One thing is for certain, explaining material in your own words, like a teacher or tutor, can help test your comprehension of a subject.

**8. Take study breaks**

Take time for self-care and study breaks. Since study breaks ideally should be brief, create a list of 3-5 minute activities you can do. This is not a time to get other stuff done, rather it is time for you to take a mental break from studying. If you have been staring at a computer screen, try to avoid activities that are strenuous to the eyes.

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|----|-----|
| 1. | 6.  |
| 2. | 7.  |
| 3. | 8.  |
| 4. | 9.  |
| 5. | 10. |

**9. Check out the following video:**

The 9 BEST Scientific Study Tips on YouTube

<https://www.youtube.com/watch?v=p60rN9JEag>

• **Key tips from this video include:**

- Study in small short chunks, preferably 30 minute chunks. This is better for retaining information, similar to when individuals are learning a skill like music or a sport.
- Try highlighting less in textbooks and instead write more notes to actively engage in the material.
- Flashcards are a proven tool for retaining information!
- Test yourself- If you can teach what you learned to someone else, you are more likely to comprehend the material you have been studying.

**10. Mnemonic devices:**

Mnemonic devices are techniques a person can use to help them improve their ability to remember something. In other words, it's a memory technique to help your brain better encode and recall important information.

- Ex: ROY G BIV can be used to remember the sequence of colors- **R**ed **O**range **Y**ellow  
**G**reen **B**lue **I**ndigo **V**iolet

**11. Repetition:**

This may be an obvious tip, however, repetition helps with memory.

**12. Use a coding system for your notes**

Use different symbols to categorize the value or importance of your tasks or learning material.

- For example, if you are in a class, and you are not quite certain what a certain word vocabulary term meant, note a □ to identify as something you would like to review after class. Sample Coding system:

Coding System for Notes	
□	Task/ To-Revisit
→	Follow Up
!	Urgent
?	Question

**13. Check out these helpful apps:**

- *Self-Control App* for Mac Books to monitor how much using other websites
- *Google Drive*
- For essay writing, check out *EasyBib* to learn how to properly cite your work
- *Flashcard Hero: \$3.99* is an app that creates digital flashcards for you

Adapted from:

- The Learning Center, University of North Carolina at Chapel Hill: <https://learningcenter.unc.edu/tips-and-tools/studying-101-study-smarter-not-harder/>
- University of Lynchburg: <https://www.lynchburg.edu/academics/tutoring-academic-support/top-10-study-skills>

