

STUDY SMARTER NOT HARDER

TIPS FOR SUCCESSFUL STUDYING

Drury University | Academic Advising



1. Change your surroundings.

Get out of your house or residence hall. If you are more productive with background noise; go outside, to restaurant, or coffee shop. If you are more productive when it's quiet; sit in your car, go to the library, or a computer lab.



2. Develop a daily routine

Find a groove that works for you, whether you're a morning person or a night owl, set a consistent time to wake up and go to bed every day. Plan meals, time to study and time for fun! Map out your routine in a planner or calendar to help prioritize your work. [Check out examples and download a blank schedule planner to get started.](#)

3. Study groups or solo?

If you study better in a group setting form a study group. Talk to your classmates, chances are they have questions about the material as well. If you're more successful riding solo, plan time where you won't be interrupted during your study time.



4. Don't Multitask!

Get rid of all distractions; social media, video games, texting, etc. This only increases the amount of time you will need to study, and if you use #7, it's only a short time you need to dedicate daily.



5. Ask for help

If you're struggling ask for help! Reach out to your professor or a classmate. Everyone needs help at some point. Did you know Drury offers Tutoring to students for free?! [Find out more and schedule an appointment today.](#)

6. Teach yourself

Explain and rewrite the material in your own words. Recite the material aloud and make your own connections and examples, then, write them down in your notes.



7. Repetition is key

Cramming in one large study session will not allow you to retain the information. Instead, have several smaller study sessions throughout the week. For more tips, check out The Study Cycle (on the back of this page) to maximize your study sessions and get the most out of your time.

8. Take breaks

Just as it is important to be fully engaged and present when you study, it is just as important to take time off. Go outside, out with friends, engage in your favorite hobby, watch a movie. Take time to wind down giving yourself a break.



THE STUDY CYCLE

TIPS FOR SUCCESSFUL STUDYING

Drury University | Academic Advising

What is it?

The study cycle is a 5-step approach to learning designed to help students become more efficient learners. It was designed to work the way your brain learns best. The study cycle reinforces new content, builds confidence and can be easily adapted to any coursework.

Step 1 -Preview

Preview your text and other study materials before class to develop a big picture of what you'll be covering. Skim through the chapter, noting all headings, subheadings, bold words, graphs, pictures and summaries. Previewing your materials before class will make it much easier to remember and learn the details.

Step 2 -Attend

Attending class should be an obvious step, but some students don't take it seriously. Missing class can be harmful to your studies and the learning process. Attending class will allow you to get more from lectures, take better, more concise notes, and gain a better understanding of what you previewed on your own.

Step 3 -Review

Preferably right after class, but at least sometime within 24 hours, take about 10-30 minutes to review your class notes. This process of review transfers the information you learned during class from your short-term to your long-term memory. It also reinforces new concepts and increases confidence.

[Create your own schedule using The Study Cycle](#)



Step 4 -Study

Studying reinforces the new material you learned during class, as well as help you understand the subject matter thoroughly. Take about 30-60 minutes to review your notes, read your textbook, work problems, and make concept maps. As you study, ask yourself 'how', 'why' and 'what if' questions. Don't forget, repetition is the key!

Step 5-Assess

Reflect and evaluate your understanding of the material you learned and studied. Ask yourself, "Is the information I'm studying making sense?", "Am I confident with the new material?", "Do I understand the material well enough that I can teach it to someone else?" Assessing your studying is an essential aspect of learning and can help you figure out if there is material you need to revisit over others.

