

How to Effectively Study for College

Step 1: Create a game plan

- Create a schedule that includes class times, work, AND study times.
- Study during times that you have the most energy

Step 2: Refocus your attention every 20 minutes

- Quiz yourself
- Do those chores you have been pushing aside in between study breaks!
- Mix up the subject you are studying and questions!

Step 3: Limit distractions!

- Avoid multitasking
- Avoid studying with friends in loud places (dining hall, student union)

Step 4: Make connections with the material!

- Summarize readings your own words
- Connect information to personal experiences
- Use acronyms to memorize
- Metaphors

If you want to listen to music, try instrumentals to help (lofi youtube playlists are a favorite at CV!)

