Effective Studying for Coastal Carolina Students

“Smart Student Series”
By the Office of Accessibility and Disability Services
Are your studying techniques really effective?
Signs that your studying is ineffective...

1. You find yourself falling asleep while trying to study.
2. You find yourself staring and having to repeat what you’ve just read.
3. You get distracted every 5 minutes.
4. No matter how long you study, it seems like you don’t get better grades.
5. You forget everything you’ve studied after a couple hours.

If you can answer yes to any of these questions, you could stand to improve your study habits.
Signs that your studying is effective...

- You can easily remember things.
- You can remember things faster, so you don’t have to study as long.
- You get better grades.
- You can remember things you’ve studied months or years later.

If you can answer yes to all of these questions, then your study habits are probably effective and you are on the right track!
ASPIRE (A Study System)

A: Approach/Attitude/Arrange
S: Select/Survey/Study
P: Put aside/Put together
I: Inspect/Investigate/Inquire
R: Reconsider/Reflect/Relay
E: Evaluate/Examine/Explore
Approach your studies with a positive attitude and arrange your schedule to eliminate distractions
Select/Survey/Study:

- Select a reasonable chunk of material to study. Survey the headings, graphics, pre and post questions to get an overview. Study while marking any information you don’t understand.
Put aside your books and notes and take a look at what you’ve studied. A study buddy or study group can help you summarize what you’ve learned.
Inspect/Investigate/Inquire:

- Inspect things you did not understand and investigate sources where you can get more information (tutors, websites, library, etc.) inquire from professionals like professors, librarians, academic support and tutors for any assistance.
Reconsider/Reflect/Relay:

- Reconsider the content and what questions you would like to ask. Reflect on the material and how it applies to you personally. How could you make this information interesting when relaying it to other students?
Evaluate/Examine/Explore:

- Evaluate grades on assignments and tests. Look at your process and how you might improve it. Explore options with your professor or maybe a tutor.
Study Aid Ideas

- Flashcards—Create a set of flash cards with all the terms and essential questions you need for the test.
- Create a study guide with detailed information about key terms and points from your lecture notes and texts.
- Make an outline of the main ideas posed from the subject you are studying. Then list the details about each main idea.
- Create mnemonics, short rhymes, phrases or other mental techniques for making information easier to memorize. If you were learning the colors of the rainbow you could use:
  
  ROY G. BIV (red, orange, yellow, green, blue, indigo, violet)
References:

- http://www.studygs.net/aspire.htm
- http://www.studygs.net/attmot4htm
- http://www.how-to-study.com/
- http://www.collegetips.com/college-classes/study-tips.php
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