STUDY SKILLS

IT'S AN ACTIVE PROCESS

CONCENTRATION
• Don't listen to music
• Don't allow yourself access to social media
• Divide work into small doable pieces, especially reading.
• Take breaks when you feel your focus slipping

MEMORY
• Writing notes by hand is better for memory
• Flashcards can be helpful, but avoid rote memorization without understanding
• Explaining something can reinforce your own memory of the concept

STEM SKILLS
• Go to office hours to ask questions
• Attend all lectures
• Do as many practice problems as possible
• Review lab before attending
• Understanding leads to better memorization!

TEXTBOOK READING
• Read materials before class
• Highlights sparingly
• Read actively, don't let your mind wander
• Ask yourself questions as you read
• Review!

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