

Study Skills & Study Tips

Students with better study methods score higher on their exams. Different methods work for different people - the following are only suggestions for improving your current studying techniques.

- Have all of your study material in front of you when reviewing: lecture notes, course textbooks, study guides, and any other relevant material. You will save time, and are more likely to stay focused, if you don't have to break from studying to search for materials.
- Find a comfortable and quiet place to study with good lighting and few distractions (avoid your own bed - it is very tempting to lie down and take a nap!).
- Learn the general concepts first - don't worry about learning the details until you have learned the main ideas.
- Take notes and write down a summary of the important ideas as you read through your study material. These notes will keep you from having to re-read all of the material when you study and help cement the important ideas in your memory.
- Make sure that you understand the material well - don't just read through the material and try to memorize everything. To check your understanding, try to explain the material to someone who isn't in your class. If no one is available, write down what you've read without looking at the material. If what you write doesn't make sense, you probably need to review the material again.
- If you choose to study in a group, only study with others who are serious about the test.
- Test yourself or have someone test you on the material to find your weak and strong areas. You can use the review questions at the end of each chapter, practice tests that the teacher may give out, or other pertinent materials.
- Listening to relaxing music such as classical or jazz on a low volume can relieve some of the boredom of studying.
- Don't study later than the time you usually go to sleep - you may fall asleep or be tempted to go to sleep. Instead, try studying in the afternoon or early evening. If you are a morning person, try studying in the morning.

At the U of M, the Educational Support Program (ESP) offers a number of tutoring centers to help with a wide variety of subjects. [Visit the ESP website](#) or call them at 901.678.2704.