STUDY TIP QUICK REFERENCE

- Review material daily – ideally preview before class and after lecture.

- Practice ‘active listening’ during lecture. Take notes. Sit near the front of the lecture hall wherever possible.

- Plot out a study schedule and stick to it. Revise as needed.

- Use “active reading” methods for course textbooks to help you read faster and retain more.

- Preview text introductions, headings, and summaries first to get the “big picture.”

- Anticipate study questions as you read. Jot them down and answer your questions at a later point in your studying.

- Translate difficult concepts into your own words. Use mnemonics or draw diagrams. Use a dry erase board for rote memorization.

- If your concentration fades, take short and frequent study breaks.

- Get a tutor early, proactively to check how you are studying.

- When reviewing the material, read out loud. Talk into a recording device.

- Study in groups or with a study partner.

- Do practice questions early – well before your exams.

- Avoid cramming, pulling all-nighters, or drinking excessive amounts of caffeine.

- Practice relaxation strategies to keep test anxiety manageable.

- If you are struggling academically, get help early.

- Ignore the advice to not study, even if the advice is an internal voice. e.g., "I know the material.”
  Check what you know with an external check, an outside source, e.g. study partner, study group, or a tutor.

- Use external checks to help keep you on track, regardless of how confident you feel with the material.

For additional study strategies, please contact Josylyn Segal, PhD, a licensed psychologist and the director of the Office of Academic Support and Counseling (OASC) at (718) 430-3154; josylyn.segal@einstein.yu.edu. The OASC is located in the Mazer building, room 432. All students are welcome. Providing a private and supportive environment for students is our priority.