



VCU

VIRGINIA COMMONWEALTH UNIVERSITY

Study Skills



Division for Academic Success

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V i r g i n i a C o m m o n w e a l t h U n i v e r s i t y

Study Skills Strategies

Know yourself –

How do I study best?

When is the best time for me to study?

Where is the best place to study?

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Study Skills Strategies

Look at your schedule -

Are you allowing enough time for studying?

If so, GREAT!

If not, what changes can you make?



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Study Skills Strategies

- Set a schedule
Keep it practical, flexible, and realistic
- Organize your study materials
Class notes, labs, summaries, etc. in one notebook
- Keep the materials in one place

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Study Skills Strategies

- Don't be distracted!
By friends, family, phone, computer
- Know your priorities and stick to them
- Learn to say NO when you know you have to study

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Study Skills Strategies

Before class-

- ✓ Prepare!!
- ✓ Review (preread) material to be covered
- ✓ Create questions from the preparation
- ✓ Don't forget to ASK the questions in class

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Study Skills Strategies

What is Prereading?

Rapid skimming spend 10-15 minutes for an hour's worth of material

Looking for the "big picture" what are the main points.
Is there a unifying concept?

Getting a sense of the vocabulary

Spotting the patterns – what are the relationship between main and subtopics

Analyzing cause & effects, comparisons & contrasts

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Study Skills Strategies

Benefits to Prereading:

- ✓ Better Comprehension
- ✓ Increased retention rate
- ✓ More useful study material



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Study Skills Strategies

After class –

- ✓ Review the material, readings, etc.
- ✓ Then, summarize it in your own words
- ✓ Write down additional questions from the review

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Study Skills Strategies

Create tests:

- ✓ Allows you to find out what you don't know
- ✓ Allows you to spend more time on where you really need it
- ✓ Increases your motivation to study

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Study Skills Strategies

Concentration

- Make sure to get plenty of rest, food and exercise. Without this concentration decreases.
- Study in a “distraction” free area.
- At the end of each 50-minute study period, take a 10-minute break.

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Study Skills Strategies

- Study with a partner or group
- Seek help
 - Contact the Division for Academic Success for assistance

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Division for Academic Success

For More Information

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