Study Skills

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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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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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- 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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- 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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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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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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Benefits to Prereading:

- Better Comprehension
- Increased retention rate
- More useful study material
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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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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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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 with a partner or group
- Seek help
  - Contact the Division for Academic Success for assistance
Division for Academic Success

For More Information
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