Tips for Studying

1. For every credit hour there should be 3 hours of study completed.
   3 Credit Hours X 3 Study Hours = 9 Study Hours

2. Find a quiet place.
   Distractions will keep you from retaining information. A nice quiet place is exactly what the brain needs.
   Do not listen to music that has words while studying. If music is absolutely necessary, pick music without words or words that you do not understand.
   The brain will not be distracted by this and may actually help studying.

3. Review the material right after class while the concepts are still fresh in your mind.
   Reviewing information early will help studying before a test much easier.

4. Take short frequent breaks.
   Give yourself a break. Studying straight through doesn’t help anyone. The breaks help your mind rest

5. Take notes as you read and write down the main ideas of the topic.
   Take broad topics and dwindle yourself down to the specifics. It will help you understand the concepts and memorize a little better.

6. Don’t study later than the time you usually go to sleep. Retention of information depletes with less sleep.
   Studying until 4 a.m. will not help your test scores. Get a proper night’s sleep before a test and you may actually do better than if you stayed up late.

7. Plan ahead! Space out your studying.
   By studying every day, the material will stay in your long term memory.
8. Join a study group of people who are in the same class. They might have caught something a professor said that you did not write down. Other people in the class can be a huge help before a big test. They can also help you understand the information in a different way.

9. Do not let your friends distract you. If friends find you in library and want to talk, let them know you have a big test or project that needs to be done. If they are good friends, they will understand.

10. Use your resources! There are centers for writing and math at Loyola University Chicago. There is also tutoring available to you as well.