

DOS AND DONTs FOR STUDYING^{1,2}

HOO KNEW?^{1,2}

- Research shows that many students struggle with studying because of overconfidence
- Spaced studying is less harmful than cramming
- Majority of UVA students study 3 - 7 days in advance³

DO	DO NOT
Do use real life examples to understand material	Do not wait until the night before to study
Do use real images to represent the information	Do not assume you know more than you do
	Do not just reread your notes



TRAIN YOUR BRAIN

METHODS FOR EFFECTIVE STUDYING^{1,4}

Read, Recite, Review³

Read the chapter, recite what you just read and review with questions or verbal recollection

7 Day Study Schedule

Make a seven day calendar marking off which studying task you will complete for each day

Top 6 Strategies for Effective Studying The ANSWER Method

- **A**sk, explain and connect
- **N**o cramming
- **S**witch between topics
- **W**ords + visuals
- **E**xamples
- **R**ecall what you know

FOR MORE INFORMATION

Check out the YouTube video "How to Study Effectively for School or College - Top 6 Science-Based Study Skills"
Talk to Shelly Lovelace, UVA Learning Specialist

SOURCES

1. [Memorize Academy]. (2016, December 15). How to Study Effectively for School or College - Top 6 Science-Based Study Skills [Video File]. Retrieved from https://www.youtube.com/watch?time_continue=491&v=CPxSzyIRCI
2. Putnam, A. L., Sungkhasettee, V. W., & Roediger, H. L. (2016). Optimizing Learning in College. *Perspectives on Psychological Science*, 11(5), 652-660. doi:10.1177/1745691616645770
3. Electronic Survey conducted in Spring 2018; UVA student athletes
4. Lovelace, S. (2018, March 2). Personal Interview. UVA Learning Specialist, srp6b@virginia.edu



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