**Study Strategies for Busy College Students**

**Attend Class**
- Every class, the entire class time
- Be present - get rid of distractions (i.e. cell phone, social media)

**Take Notes**
- Helps with understanding and memory
- Revise notes within 24 hours

**Read the Textbook**
- Read *before* class
- Use a method such as SQ3R to read with *intent*

**Study Regularly**
- Plan daily study time
- Take regular breaks when studying

**Use Your Resources**
- SI, Academic Coaching, Tutoring
- Form a study group