

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