



Note-taking

Taking good notes does not come naturally to everyone. The trick is to record the key points of the lecture or textbook without writing down too much extraneous information. If you're worried you're missing important details, feel free to ask your instructor during office hours.

Stay Organized

Keep a detailed calendar with all your commitments, including classwork, social events and extracurricular activities. This way, you can block out time each day to study. Organizing your class materials is also one of the most important study tips for students. Use sticky notes to remember important textbook pages, keep your returned assignments, and make flashcards for key terms.

Unplug and Reconnect

Most students use their computers for virtually all their homework these days. However, the Internet is one of the worst distractions there is, and limiting time on it is one of the best study tips for students. Try to set boundaries for yourself. For example, no Facebook during class or study time.

Don't Cram

It's definitely tempting to put off your studying until the last minute, but you're much less likely to retain information this way. Instead, try to study a little bit each day, rather than saving it all for the week before the exam. By pacing yourself, this will help you ward off exhaustion and help you remember what you learned. Our brains are not wired to absorb and retain information at the last minute. This can also increase stress and anxiety. Start out a week ahead and study in 15- to 20-minute increments.

Don't Over-Study

Some students may believe it is impossible to over study. However, you may be doing more work than you need to. Time management is one of the most essential skills students need. Make sure you're studying the key ideas of each lecture or textbook chapter, and avoid absorbing too much information.

Create a Contingency Plan

Setting up a reward system for completing tasks may motivate some students. For example, you turn in an assignment early, then you get to spend more time doing something you love. If you don't, you stay home and work on your assignment.

Find Your Zone

Everyone has their own study environment that works for them. Some like to listen to music while they study, and some need complete silence. Try different kinds of environments and see what works for you.

Take a Break

Take a ten-minute break every hour or so, and try to take a day or two off per week if you can. It'll help you stay energized and at peak mental condition. Given how easy it is to become overwhelmed in school, this is an important study tip.

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