STUDY SKILLS

Office of Special Services for Students
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Know yourself –

How do I study best?

When is the best time for me to study?

Where is the best place to study?
Look at your schedule -
Are you allowing enough time for studying?
If so, GREAT!
If not, what changes can you make?
Study Skills Strategies

- Set a schedule
  Keep it practical, flexible, and realistic

- Organize your study materials
  Class notes, labs, summaries, etc. in one notebook

- Keep the materials in one place
Study Skills Strategies

- Don’t be distracted!
  By friends, family, phone, computer

- Know your priorities and stick to them

- Learn to say NO when you know you have to study
Study Skills Strategies

Before class-

✓ Prepare!!

✓ Review (preread) material to be covered

✓ Create questions from the preparation

✓ Don’t forget to ASK the questions in class
What is Prereading?

Rapid skimming spend 10-15 minutes for an hour’s worth of material

Looking for the “big picture” what are the main points. Is there a unifying concept?

Getting a sense of the vocabulary

Spotting the patterns – what are the relationship between main and subtopics

Analyzing cause & effects, comparisons & contrasts
Study Skills Strategies

Benefits to Prereading:

- Better Comprehension
- Increased retention rate
- More useful study material
After class –

✓ Review the material, readings, etc.

✓ Then, summarize it in your own words

✓ Write down additional questions from the review
Create tests:

Allows you to find out what you don’t know

Allows you to spend more time on where you really need it

Increases your motivation to study
Concentration

- Make sure to get plenty of rest, food and exercise. Without this concentration decreases.

- Study in a “distraction” free area.

- At the end of each 50-minute study period, take a 10-minute break.
Study Skills Strategies

- Study with a partner or group

- Seek help
  Contact the Office of Special Services for assistance
Special Services for Students

For More Information
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