

DR. STOWELL'S ESSENTIAL STUDY TIPS



Frequent, Brief, and Cumulative Studying

Use a cumulative study approach that is divided across frequent, but brief, study sessions.

- First, you should read the portion of the textbook that will be covered in the upcoming class period. Usually this is somewhere between 4-8 pages of reading material. If you have questions while reading, write them down so you can ask your instructor later.
- After the first lecture on a topic, review your notes within 1 hour of the class and make sure that you fully understand what you have written. If you're not sure of something, look it up in the textbook or ask the instructor for help. Reviewing your notes should take no more than about 10-15 minutes. Do this several more times before the next class period.
- After the 2nd class period (and within an hour after class), review your notes from both the 1st and 2nd lecture together. Do this several more times before the next class period. With each new lecture, continue to study the older material in a cumulative manner.

When the time comes for an exam, you will be familiar with the older material and will need to study only what you have just learned or other topics that you feel that you have not yet mastered. This approach to studying should lower your overall stress levels, enhance memory consolidation, and lead to improved test scores.

Self-Assessment

- Use all the study aids provided by the instructor or from the publisher of the textbook to test yourself before taking a quiz that will count toward your grade.
- Teach what you know to someone else. If they can't understand it, you don't know it well enough.
- Think of real life examples or potential test questions about what you are learning.

Other Study Tips

- I strongly recommend Stephen Chew's video series on "[How to get the most out of studying](#)"
- Don't study on your bed. This can also lead to insomnia.
- If you don't understand something, ask for help!
- View EIU Student Success Center's [test taking tips](#).