Can you think of a million reasons NOT to study? You’re not alone. If you say...

1. “I don’t know where to begin”
   TAKE CONTROL. Make a list of all the things you have to do. Break it down into manageable parts. PRIORITIZE! Be realistic. Don’t skip classes near exams! Take regular study breaks while you study.

2. “I’ve got so much to study... and so little time”
   PREVIEW. Look over your course outlines, reading materials, and notes. Identify the most important topics, and areas you still do not understand. Previewing helps you to organize and focus on the main topics, which saves time.

3. “This stuff is so dry, I can’t even stay awake reading it”
   ATTACK! Get actively involved in your reading. Ask yourself some questions regarding what might be important in the material. Read to answer the questions. Discuss the material with others.

4. “I read it. I understand it. But I just can’t get it to sink in”
   ELABORATE. We remember best the things that are familiar to use. As you are reading, try to expand on the new information with your own examples. Try to tie together what you’re reading with what you already know. For example; the colours of the visible spectrum are red, orange, yellow, green, blue, indigo, and violet. Take the first letter of each and we get Roy. G. Biv (much easier to remember).

5. “There’s too much to remember”
   ORGANIZE. Information is remembered better if it is organized in a systematic way. There are many techniques that can help you organize new information including;
   a) Write chapter outlines or summaries; take notice of relationships between sections
   b) Group information into categories whenever possible
c) Information mapping. Draw a flow chart or map to organize and interrelate material

6. “I knew it a minute ago”
REVIEW. After reading a section, try to recall the information contained in it. Try answering the questions you made up for that section. If you cannot recall enough, re-read the portions you had trouble remembering. Even after the point where the information is perfectly recalled, review a little more! You will be more likely to remember it at a later point. You can’t over study! However, how you organize and relate your material is still more important than how much time you spend studying.

7. “But I like to study in bed”
The greater the similarity between the study setting and the exam setting (location, mental, emotional, physical state) the greater the likelihood that material studied will be recalled during an exam. When you study in bed, your body becomes tired quickly.

8. “I guess I understand it”
TEST YOURSELF. Make up questions about key sections in notes or readings. Keep in mind what the instructor has stressed in the course. Examine the relationship between sections

9. “Cramming before the test helps keep it fresh in my mind”
PACE YOURSELF. Start studying now. Keep studying as you go along. Before a test, have a rested mind. Relax and unwind mentally and physically. You have a better chance to succeed if you have a clear mind and you are mentally prepared. Sleep well, eat well, and exercise!

10. “I’m going to stay up all night until I get this”
AVOID MENTAL EXHAUSTION. Take short breaks often when studying. When you take a study break and just before you go to sleep at night, don’t think about academics. Relax and unwind or you’ll find yourself lying awake at night. It is more important than ever to take care of yourself during exams.