

# Boosting Study Habits

## Mindset

They say imagination becomes reality. Try it out: use the following techniques to get your mind thinking like a studier!

### Create a Routine

Embrace the **power of routine** to leave energy for when you need it. Repeatedly making even small choices depletes your mental energy.

### Visualize (but don't fantasize)

Visualize the **small steps you need to do daily** in order to achieve a larger goal. This also has a positive effect on your emotions: visualization of individual steps reduces anxiety.

- For example: if you want an A on a paper, visualize the steps needed to get there: writing drafts, seeking feedback, talking to a librarian, and researching in the Libraries.

### Build new and useful habits

New (good) habits are often very fragile and small disturbances can derail them ("ah, forget it"). To strengthen them, **examine good habits** to find exactly where things start breaking down.

- For example: you are unable to get into a new study routine. Things might be breaking down because of your study space! Is it in a distracting area? Could it be better organized?

## Maximizing Class Time

Many of your studying habits can start to improve at the source: in-class. Here are some tips to take with you to your next lecture. They'll help you pay attention and better memorize materials.

Use the "5-and-5" method

**Preview for 5:** Take 5 minutes before class to write down curiosity questions for the upcoming lecture.

**Review for 5:** Take 5 minutes after class to write a summary of the class content in your own words

### Sit close to the instructor on the first day of class

Maximize your exposure to class content and minimize chances for distraction by making the instructor and content your main focus.

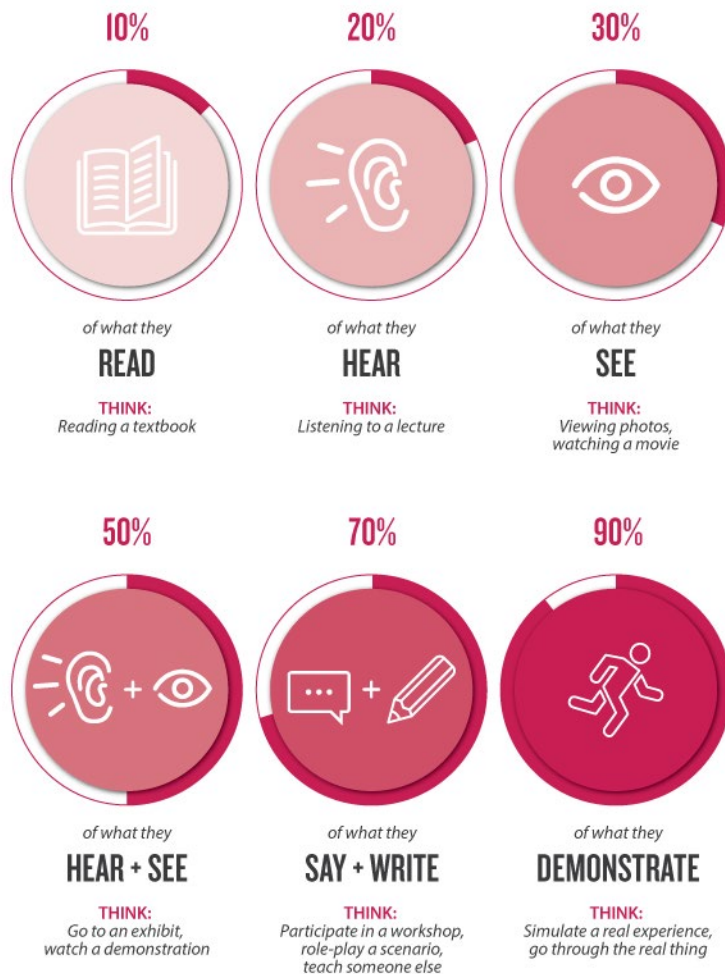


# Be active in class

Simply reading over text or hearing a lecture will not create a long lasting capture of material. The more you involve different modes or senses, the more connections you build to the information, and the easier it will be to recall when you need it – like on an exam.

The following diagram demonstrates how being more participatory helps you remember the material.

## PEOPLE GENERALLY REMEMBER...



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