

# What Happens Next?

Goals:

**Goal #1:** \_\_\_\_\_

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**Goal #2:** \_\_\_\_\_

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**Goal #3:** \_\_\_\_\_

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To Do List:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

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5. \_\_\_\_\_

Notes:

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## Worksheet 2 - 9 Study Tips for College Students

**Make Flash Cards** Sometimes the best habits are the ones we've used forever. Flash cards are oldies but goodies — writing notes and definitions more than once will help imprint information in your memory, and the cards are a great way to develop and use mnemonic devices and associative phrases.

**Take Tests** As much as we may hate tests, the New York Times reports that formal evaluations not only affirm knowledge but enhance it. Consistent testing can help us relearn and recall information, and it pays off when preparing for final exams.

**Sleep!** A tired mind is a slow mind. Get enough sleep and watch your GPA rise.

**Don't Categorize Yourself** Students often categorize themselves as visual or auditory learners, or as being left-brained or right-brained thinkers. According to the New York Times, research has shown that these distinctions are largely erroneous. It is more important to figure out which study strategies work for you than to worry about where you lie on the learning spectrum.

**Go To Class** This one might seem obvious, but large lectures and early start-times often make class feel, shall we say, optional. The best way to prepare for tests is to attend classes and participate. You'll have already begun the process of reviewing and will know what to expect on the exam (especially if you haven't done the reading.)

**Don't Immerse Yourself in Subject Material** In keeping with the age-old proverb that values quality over quantity, scientists have found that immersion is not an effective method of study, the New York Times reports. Rather than sticking to one subject and spending hours attempting to master it, you should switch between a few (related) topics. It's less boring -- and you'll learn more.

**Manage Your Time** The only thing worse than having a deadline is missing a deadline. Stay organized, cut down on procrastination and your work load will feel much more manageable.