How To Study In College

Seattle Central Community College
Student Academic Assistance
TRiO
Room 1102B1
Tel. (206) 587-3852
www.seattlecentral.org/academic-assistance

HOURS
Daily 8:00 – 4:30

COUNSELING HOURS
Daily 8:00 – 4:00
Evening Counseling
Tuesdays 4:00 – 6:00

This Student Support Services Project is 100% federally funded
ADDITIONAL RESOURCES

Booklets
Managing Your Time… Study… Work… Play
Using the Parts of the Text
How To Take Tests
Different Kinds of Tests
How to Take Lecture Notes
How To Write a Term Paper
SQ4R: How to Read Faster and Remember More
How To Give An Oral Report
How To Read a Math Textbook

Live Workshops
Take Great Notes
Write a Great Essay
Managing Stress
Improve Your Memory
Building Self-Esteem
Managing Your Time
...and more!

Visit our website for a current schedule of our workshops
www.seattlecentral.org/academic-assistance

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Seattle, WA 98122
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It is important to remember that studying in college is a skill that requires practice and repetition. The more you do it correctly, the better you will become. Consider the following tips to help you get started:

1. Study immediately before or after a lecture everyday.

Set aside an hour of study time either before or after a class period. This amount of time should be flexible because a particular course may require you to study for two or three hours a day and another course only 30 minutes.

2. Study in chunks of time.

Study continuously for 20 to 50 minutes then take a 10 minute break. You can still be mentally alert and active while juggling the ideas in the textbook in your head. Practice stretching, walking up and down the hall or getting a drink of water while juggling the ideas in the textbook in your head.

3. Get into the habit.

Consider studying the same subject at the same time each day. This daily routine will enhance your getting down to work easily and concentrating well.

4. Choose your environment.

Find a place you enjoy working in. Remember, you are here to study, so finding a location that is void of distractions like pictures & posters, friends, or noise is key! If using a computer, refrain from logging into instant messaging and email services.

5. Begin with the most difficult subject.

It is better to tackle your difficult subjects when you feel very refreshed, relaxed, and motivated to study.

Online Resources

Printable Calendars
http://organizedhome.com/printable-monthly-calendar-0

Balancing Work/Life/School
www.hra.iupui.edu/worklife/wl_balance.asp

Managing Your Time Tips
www.dartmouth.edu/~acskills/success/time.html

Assignment Calculator
www.lib.umn.edu/help/calculator/

Create Your Own Schedule
www.studygs.net/schedule/

Study Guides and Strategies
www.studygs.net/

VARK - Learning Styles Inventory
www.vark-learn.com

Learning Resources
www.utexas.edu/student/utlc/learning_resources/

Study Skills Articles
www.suite101.com/reference/study_skills

Where to Study/How to Study
www.dartmouth.edu/~acskills/success/study.html

Online Academic Success Videos
www.dartmouth.edu/~acskills/videos/index.html

Virtual Pamphlets on Study Skills
http://counseling.uchicago.edu/resources/virtualpamphlets/study_skills.shtml
6. Schedule time for yourself.
   Work, school, and study time are priorities, but it is equally important for you to set aside some time for personal relaxation. This may entail watching TV, reading a newspaper, or a variety of other leisure activities.

7. Remember your body.
   Eat food that is healthy and full of protein. When you study, make sure you maintain a tall, but relaxed posture in a comfortable chair. For your breaks, stretch your arms, back, legs and neck. When you sleep, let your body rest for at least 6 hours.

   Research has shown that every hour used for study during the day is equal to one and a half hour at night. If you must study at night make sure the room you will be studying in has enough bright light. If you are using a gooseneck lamp, use a 100 watt bulb and face the lamp toward the wall to have a fairly indirect lighting system. You may also consider purchasing a full-spectrum light bulb, which simulates natural sunlight and has been shown to improve mood!

9. Get to know people.
   Especially your professors! They each have office hours to help answer your specific homework questions. Other helpful people include counselors, advisers, and tutors.

10. Use your resources.
   Counselors and advisors are a good starting point to learn about study workshops, classes, services or clubs to keep you balanced. Additional resources on campus to help you be a better student include College Wide Tutoring—All subjects (Rm. 2102); Computer Lab, Rm. 3148; Math Tutoring (SAM Rm. 100); Science Lab (SAM Rm. 305/306)

   If you need further assistance, please attend one of our study skills workshops offered every quarter.