



# Study Skills

## How to Take on College Studying: Your Cramming Days Are Over!

From CollegeBoard.com

**I**n college, you may be shocked by the workload you suddenly face. Read a whole book for the next class? A test on three chapters when the semester has hardly begun?

Think of college as a full-time job, in which you spend about 40 hours a week on class, labs, section meetings, and study groups, and doing homework. And you're largely responsible for deciding exactly how much time to allocate to each task. Getting organized and using your time well are key to succeeding academically.

### Decide Where and When to Study

Come up with a specific plan for where and what you'll study during any gaps in your schedule. In addition to making use of transitional times during the day, it's generally a good idea to avoid studying too late at night, when you tend to be tired, work inefficiently, and forget much of the material you cover. The best places to study have the following qualities:

- Good light
- Comfortable temperature
- Good desk space

Beyond that, different environments have their own pros and cons. Ultimately, the decision of where to study depends on two factors: the environment in which you are best able to concentrate and the type of work you are planning to do. For completing problem sets or brainstorming possible test questions, you may want to study with a group or at least in a setting where others in the class are available for discussion. When you are reading Friedrich Nietzsche's *Beyond Good and Evil* or working on a research paper, by contrast, you are probably better off in a less social environment.

## Develop Good Study Habits Early On

Here are some simple tips to help you improve your study habits:

- Have a routine for where and when you study.
- Decide in advance what you'll study, choosing reasonable and specific goals that you can accomplish.
- Do things that are harder or require more intense thought earlier in the day.
- Take breaks so that you stay fresh and don't waste time looking at material but not absorbing it.
- Make use of "dead" time right before and after class and in breaks between other activities.

## LSC Resources

### LSC Learning Center:

Free peer and professional tutoring in Math and Composition and the sciences as well as access to online tutoring, group study labs and more!

**HOURS: (Fall and Spring Semesters)**  
Monday - Thursday 7:00 a.m. - 6:00 p.m.  
Friday 8:00 a.m. - 4:00 p.m.

**PHONE: (218)733-5927**  
**LOCATION: E2120, E2122**  
E2108

### Harold P. Erickson Library:

Books, research help and resources, computers, quiet study areas, copy services, interlibrary loan and much more!

**LOCATION:** Lower Main Concourse

**PHONE:** 218-733-5912

