

My name is Grace Reinertsen. I am a senior Speech and Hearing Science major, and I am also in the Honors Program. I have been a Peer Tutor for The Learning Center since Fall 2019. I will be writing about the study techniques that I have learned throughout my time as a student, as well as a Peer Tutor.

1. Go to class, even if attendance isn't graded.
2. Complete a VARK! The questionnaire only takes a couple of minutes, and it can give you insight into your learning preferences. If you have no idea how to study, it can give you an idea of where to start. However, this does not mean you can't learn in ways that differ from your VARK. If your VARK says you are a visual learner, but you've found that reading articles about related topics is helping you understand your class material, don't stop! There can be quite a bit of trial and error with study techniques. Different classes might need different techniques. Here is a link to the VARK questionnaire: <https://vark-learn.com/the-vark-questionnaire/>
3. Even if you don't think it will work for you, try studying with other people (virtually) at least once. Some people learn better that way; others don't. I am a person who does.
4. Find an environment that works best for you, but keep in mind the setting you will be in on test day. If listening to music helps you study, go for it, but if you think taking a test without the music might throw you off, consider studying in an environment more similar to your testing environment. This is easy right now because most, if not all, our tests and exams are remote.
5. Put your phone down. Even the presence of your phone can distract you. Have you ever started studying, decided to have a quick phone break, and suddenly 2 hours have passed? Studying phone-free makes a world of difference. Trust me.
6. Quality over quantity. One hour of good, effective studying is better than three hours of distraction-filled ineffective studying. However, don't let this go to your head- even if you have one hour of good studying, it doesn't mean that's all you have to do for the rest of the week (or month!).
7. Drilling your notes in your head is time consuming, stressful, and ineffective in the long run. Yes, you can repeat a definition word for word, but do you truly understand what you're talking about? Every 15 minutes or so, try summarizing to yourself what you've been studying. This is a good way to keep your brain "on task."
8. Another way I like to self-assess is by "talking through" a concept to someone. If I can explain a topic to someone who has no prior knowledge of the subject, then I have learned.
9. Dedicate time in your schedule to study. Using a planner can be extremely helpful. Write down all of your upcoming assignments, presentations, exams, etc. Having all of your time commitments listed in front of you can help you feel much less overwhelmed.
10. When studying, make yourself comfortable. Many times, we hunch our neck forwards while looking at our phones, reading a textbook, or using our laptops while sitting on the couch. This puts a strain on your neck and can lead to tension headaches. Put your laptop/tablet/computer on a table, and make sure it's at a level where you can look straight ahead at it- your head should be facing perfectly forward. If needed, put a couple of books underneath your device to give it some height.
11. Don't be afraid to ask your professors questions. Sometimes there might be a term or concept that just doesn't "click" for you. Many professors are more than willing to help you - that's what office hours are for!