

Study Smarter Not Harder

A summary in part of a lecture titled “Study Less Study Smart” by Dr. Marty Lobdell,
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1. **Plan time in your schedule to study.** Make studying an important part of each day. It is also equally important to attend class, attend on time and be prepared for class when you arrive.
2. **Break your studying down into chunked sessions of 25-30 minutes.** Your ability to study diminishes after this time period. Take 5 minute breaks after each 30 minute interval to do something you enjoy. After you have completed your entire study session, reward yourself with a big treat. Things that are reinforced we tend to do more of. The things that are punished or ignored, we tend to do less of.
3. **Create a dedicated study area.** The context provided by your environment largely determines your behavior. Design your study area to encourage actual studying.
4. **Study actively.** There is a difference between actual recollection and simple recognition. Recognition requires a cue or trigger and you don't get that in a test. So study by quizzing yourself, instead of just looking over highlighted sections of your books or notes.
5. **Take smart notes in class.** Expand on them as soon as possible (ASAP) after class to boost your initial learning.



6. **Summarize or teach what you learn.** It will help you pen point gaps in your understanding because you're unable to gloss over things.
7. **Use your textbook effectively.** Use the SQ3R method.
 - Survey
 - Question
 - Read
 - Recite
 - Review
8. **Use mnemonics, acronyms, coined sayings, and image associations to study facts.** These strategies can help you remember information easier than notetaking.

References:

Lobdell, M. (Producer). (2011, July 22). Study Less Study Smart. Video retrieved from <https://www.youtube.com/watch?v=IIU-zDU6aQ0>

Frank, T. (Producer). (2015, January 29). Study Less Study Smart: A 6-Minute Summary of Marty Lobdell's Lecture. College Info Geek. Video retrieved from <https://www.youtube.com/watch?v=23Xqu0jXlfs>