Where do I begin?

STUDY SKILLS

Weekly Study Time
For decades, good study habits have been linked to positive academic achievement. Current research published in the Review of Economics and Statistics, however, shows a marked decline in average weekly study time for college students.

1961       24 Hours
2012       14 Hours

Why the decline?
Aside from distractions like social media, technology, time-management and overcrowded calendars, studying is just downright difficult for most people.

How often do I REALLY need to study?

Study time per hour spent in class

4 Classes or about 10 hours weekly in class

About 20 Hours Weekly of Homework/Study Time
That's A LOT of time!
Make it easier to manage with the Pomodoro Technique

ONE POMODORO CYCLE

WORK | BREAK
--- | ---
15min | 30 | 45 | 60 | 75 | 90 | 105 | 120 | 135

Choose a task

Take a short 3-5 minute break

Work for 25 minutes

Repeat 4 times

But, HOW do I study?

Notes
Notes help your brain sort out what is important and what is not.

Memory Builders
Songs Mnemonics Acronyms Physical Activity

Flash Cards
Flash Cards promote active recall, memorization, and repetition.

Chunking
Chunk related information into more manageable sections to review.

Study App Alert
Flashcard Machine - make your own flashcards to have on your phone, tablet or computer
### Top Study Locations on the SGSC Douglas Campus

<table>
<thead>
<tr>
<th>Location</th>
<th>Description</th>
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<tbody>
<tr>
<td>Academic Support Center - Powell 216</td>
<td></td>
</tr>
<tr>
<td>STEM Center - Stubbs 125</td>
<td></td>
</tr>
<tr>
<td>Library - Computer labs, study rooms and booths</td>
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<tr>
<td>Instructor’s Office during Office Hours</td>
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<tr>
<td>Dining Hall Atrium in between meals</td>
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<tr>
<td>Stubbs 100 Computer Lab</td>
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<tr>
<td>Study Lounges in Residence Halls</td>
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When trying to find a study spot, it's important to avoid your bed at all costs. Not only does it make you sleepy, but it can stress you out when you go to sleep — making it hard to get a good night's rest.

It may take time to find a study spot that you're both comfortable with and productive in, but once you find it — stick with it. Consistency helps train your mind to be productive in that space.

Sources:
- http://www.franklin.edu/blog/learn-more-effectively-with-these-5-study-habits/
- http://ayearofproductivity.com/pomodoro/