FINISH THE SEMESTER STRONG!

COMBAT SPRING FEVER!

AND STAY MOTIVATED!

If you find you are having trouble motivating yourself to sit down and study here in the last few weeks of the semester, try these techniques:

1. Write down some short term, very specific goals. Put them in a visible place, and check them off as they are achieved so you can see progress being made!

   Examples of Specific Goals:
   - “I’m going to study 2 hours more for my Bible test this week than I did for the last test.”
   - “I’m going to make 10 points higher on this next test.”
   - “I’m going to take my paper draft to the ARC twice this week.”
   - “I'm going to meet with my professor during his office hours this week to get advice for the test.”
   - “I'm going to review Chapters 1-10 this weekend to begin preparing for my final exam.”

2. Make your study sessions occasions to look forward to. Buy a new pen or notebook, treat yourself to a special coffee when you study, listen to a favorite song or album that you reserve just for study time, or study with friends and challenge each other to see who can stay focused the longest without checking the cell phone.

3. Reward yourself for studying. For instance, promise yourself dinner at McDonalds this weekend if you meet all your study goals this week.

4. Make your study time a habit. Schedule regular study times and study during those times as if you are clocking in to work. If you don’t have a test coming up, begin studying or reading ahead. You won’t resent study time if you always use that time for school. If you study unpredictably and sometimes have to bump free time to study for an upcoming test, you will resent giving up your free time, and that makes it hard to stay motivated!

5. Talk out your frustrations and talk up your study plans. Verbalize your plans to anyone who will listen—friends, family, teachers, tutors. You’ll feel better, and now that they know your plans, they can help keep you accountable.

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STUDY HINTS:

Study using all your senses!

Passive reading is the least efficient way for our brains to encode information. The senses—sight, touch, taste, smell, hearing—create stronger memory associations. That is why it helps to annotate as you read; you are adding more senses to the experience. When you study, approach each task from a multi-sensory approach. For instance, memorize that list of literary terms in EN 200 by converting them to flash cards (tactile), quizzing and being quizzed by a friend (aural), Googling the terms for extra information and images to associate with each term (visual), converting the terms into a concept map (visual), studying while listening to the same song over and over (aural), color coding the terms with colored pens (visual), AND reciting the terms while walking or other exercise (tactile).

Each time you study, use study techniques that appeal to at least three senses. For more sensory study ideas, see the “Study Ideas” handout in the ARC, Aaron 207.

Study in short bursts!

Memory experts recommend studying in 20 minute bursts, with 5 minute breaks in between. When you study for longer periods, you tend to remember only what you studied at the very beginning and the very end of the study session. All that information that you studied in the middle is forgotten! Start days ahead of time and study in short bursts spread over a long period of time to retain the information.

Study while you sleep!

Brain research shows that if you review material just before going to bed, your brain will move the information from short term to long term memory while you sleep! Do your heavy studying earlier in the day, of course, but review key information right before you go to bed.