Study Strategies

There are many ways to study effectively. The strategies included here are not meant to serve as the "right" strategies. Rather, we provide them as approaches for you to try out and adapt to your own needs. Every person's needs differ, so we encourage you to explore your needs and goals and to investigate approaches including and beyond those listed below. It can also be beneficial to discuss these strategies with an academic coach who can support you in finding the best fit.

The SQ3R method (adapted from Intervention Central, 2017; Robinson, 1946) is a reading approach that can help with course readings:

- **S**urvey the chapter, excerpt, or selection. Examine any charts, tables, or images included, as well as headings, subheadings, and any otherwise highlighted information.
- **Q**uestion. Generate questions you will seek to answer through reading the assigned text.
- **R**ead the text. Attempt to answer the questions you generated while you read or shortly after reading.
- **R**ecite the answers to your questions from memory (doing this aloud can be beneficial). For any answers you can't recall, revisit the reading to find the answer again.
- **R**eview your questions and the answers you came up with. After this, recite them again.

Study on a regular basis, spaced out over the semester or in the weeks leading up to an exam. Learning information over time helps us to retain it more effectively than trying to learn it or review it all at once. This is known as the spacing effect. One way this can be done is by planning out and scheduling study blocks, making sure to cover material for each of your classes regularly (e.g. daily, 3-5 days per week, weekly, and so on).

Study to teach. In other words, study your material in a way that allows you to explain concepts to someone else. Teach it to a friend, a family member, a poster hanging on your wall, whatever! What's important here is to focus on engaging with your material in a manner that goes beyond strict memorization and engages you in applying and making connections across concepts.