

S a e R

H ca ac ce e e a

- Draw concept maps on a white board or write on a piece of paper.
- Fill in blank charts and then check your answers with an answer-key.
- Answer questions out loud with a study partner.
- If you don't have a study partner, ask yourself questions and answer them by writing answers or speaking the answers out loud.
- Use flash cards or a flash card app (e.g., Quizlet or Anki).
- Solve practice exam questions (cover up the answers if you have them!).
- Use practice questions at the end of the chapter. Make sure to mix them up so you don't know exactly which questions go with which chapters.
- Turn learning objectives into questions and use these questions as prompts (write down the answer or say the answer out loud).
- Turn headings in textbooks or on power point slides into questions and answer without looking.

S ac

18

It's the first step on the road to academic success. The second step is to eat all your required calories, vitamins, and liquids for the day. There here is no way that your body could properly absorb all those nutrients. Likewise, if you cram all your study practice into a short burst, you are unlikely to remember a lot of it for future endeavors. Instead, spreading your 12 hours of study time spread out over two weeks