

3 STEP STUDY RULE

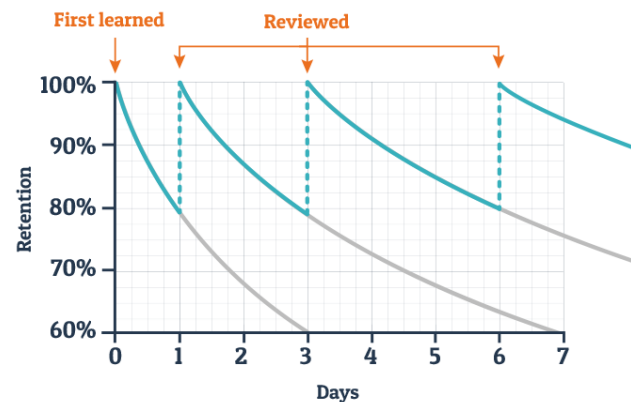
Before Class:

- Review your notes from last class
- Read the chapter(s) that will be covered in class
- Write down questions that you want to ask in class
- Print off notes guides or power points if the teacher provides them
- Sleep and eat- you can't focus if the basics aren't taken care of!
- Gather materials you will need in class- pencil, notebook, textbook, etc.

During Class:

- Put your phone away
- Pay attention
- Sit at the front of the class
- Ask questions
- Participate in class discussions
- Take notes

Typical Forgetting Curve for Newly Learned Information



After Class:

- Review your notes- re-write them if necessary
- Add questions and comments to your notes
- Make flashcards or study guides of important material
- Go to tutoring
- Go to instructor office hours
- Complete assigned homework- even if it is not graded it is important practice
- Plan out your assignments into manageable steps