



J.B. Speed School of Engineering
Phi Sigma Rho Sorority for Engineering & Technology Majors

Academic Resources & Study Skills

1. Get Organized

- a. Use a planner
 - i. Recommended FREE online planner: MyStudyLife.com
- b. Have separate folders and notebooks for different courses

2. Participate in Class

- a. Yes, you should ALWAYS attend class
- b. Do not simply attend, but actively participate (i.e. take notes, ask questions, do your own work, etc.)
- c. Do not wait to ask questions when you do not understand!

3. Plan Ahead

- a. Schedule study time every day (at least as often as you are able)
- b. Plan to study for exams at least two to three nights prior to the exam date

4. Determine the Best Study Method for You

- a. Read the textbook and take additional notes (do not simply highlight)
- b. Review homework problems and example problems in the book
 - i. Try to avoid reworking the same questions repeatedly. Find new questions in the book that will test if you actually understand the process.
- c. Utilize materials from previous semesters
 - i. Exams and study guides from previous semesters can be a helpful auxiliary study tool but try not to rely solely on these
- d. Create study guides
 - i. Handwritten study guides are proven to aid in information retention

5. Find the Best Study Environment

- a. Do you work better with a group or alone? In a quiet place (i.e. library) or somewhere that is a little busier (i.e. Duthie lobby)?

6. Actually Study ... it's the most difficult part

- a. Eliminate as many distractions as possible (put your phone out of sight, log out of Facebook, etc.)
- b. Set reachable goals throughout your study time and reward yourself when you reach them

7. Be a Metacognitive Student

- a. *“If you always do what you’ve always done, you’ll always get what you’ve always gotten.”*
- b. If you are not getting the scores you want or not retaining the information, mix up your study habits to find what works for you
- c. Ask for help or get a tutor when you need one!