



"creating academic and athletic success"

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Top 10 Study Tips for College Success

Ready yourself for academic success through learning about how to prepare!

As you start your semester begin thinking about how you will study at the college level. It is much more different than what was experienced at the high school level as it is a faster pace, more of the onus is on you to complete the work, and you have to manage your study time as well as habits! Below is a "Top 10" list of the best study tips for college success. Follow them to ensure you are working towards your own success in your classes!

1. ***Review notes and materials each day – frequent short reviews will work best to retain information.*** It's more effective than studying for several hours every other day or pulling an all-night study session. An hour of study tonight, an hour on the weekend, another session a week from now: such so-called spacing improves later recall, without requiring students to put in more overall study effort or pay more attention, dozens of studies have found. No one knows for sure why. It may be that the brain, when it revisits material at a later time, has to relearn some of what it has absorbed before adding new stuff -- and that that process is itself self-reinforcing.
2. ***Complete study guides and/or practice tests.*** Textbooks often include study questions and can be helpful in preparing for a test. These questions are also a good indication of the key points in a chapter. When you test yourself and you forget something, it allows you to relearn, and do so effectively, the next time you see it. That's one reason cognitive scientists see testing itself -- or practice tests and quizzes -- as a powerful tool of learning, rather than merely assessment. The process of retrieving an idea is not like pulling a book from a shelf; it seems to fundamentally alter the way the information is subsequently stored, making it far more accessible in the future. Creating your own test questions is another good way to recall information and prepare for a test.
3. ***Vary the type of material studied in a single sitting.*** Alternating, for example, among vocabulary and reading and speaking in a new language, seems to leave a deeper impression on the brain than does concentrating on just one skill at a time. Musicians have known this for years, and their practice sessions often include a mix of scales, musical pieces and rhythmic work. Many athletes, too, routinely mix their workouts with strength, speed and skill drills.
4. ***Turn off all electronic devices!*** Every email, tweet, or text can be distracting when attempting to study. If you are using a computer as a tool for studying that's ok but anything that can break your focus from studying affects your ability to fully concentrate. If you don't believe it keep a tally of how many times you break focus from an activity you are doing each time you receive a call, text, email, or tweet.
5. ***Find a group to study with!*** Discussing coursework with peers and quizzing each other is an excellent way to learn and remember information.



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6. **Read actively!** As you read and study pay attention to how the text is organized and make an outline or take notes of your reading. Writing down key points will help you remember what you read.
7. **Visualize what you are trying to learn.** It's often easier to remember things by using pictures. By picturing yourself in a particular situation, drawing it out on paper, or using some type of graphic organization when you are reading you may recall information easier than simply writing it out.
8. **Use mnemonic devices to remember information.** For example try these -
 - o Acronyms: ex. RAVEN (Remember: Affect Verb Effect Noun)
 - o Acrostics: ex. ROYGBIV (Colors on the spectrum)
9. **Become a frequent visitor at the student learning center!** These centers are often staffed with professionals who can help students with the skills needed to study effectively. Look for seminars on a variety of study related topics. Normally, these centers will house labs for writing, math, and foreign languages. The key is to use the this center frequently and don't wait until it's too late!
10. **Find a good place to study.** Keep the distractions to a minimum and alternate study environments. We live in an age of great distraction (phones, email, texting, social media). Do your best to put those devices away and focus in on your studies. If you break your studying into short bursts (50 minute segments with a 10 minute break) you can check your phone every hour and still get your work done!

Success at college involves a great deal of planning and time management. Select the right courses and find the appropriate support environments. Then, work hard and enjoy your academic and athletic success! Good Luck!

Dr. Fleming

Dr. Bruce Fleming is the founder of Play Collegiate Golf, created to mentor young women and men interested in continuing their competitive golf careers at institutions that support their academic, athletic, and personal goals.

For more information please visit playcollegiategolf.com

Four Things Successful Students Do At College

College Survival Tip



1. **Be Organized** - Keep a daily planner. Mark all important dates (tests, papers, practice, tournaments). Refer to it regularly so you know what is coming up in your academic and athletic schedules.
2. **Be Familiar** - Become familiar with your campus and the various resources available to you. Location, hours, and what each office does can be important information when you need help!
3. **Set Goals** - Establish goals that are specific, realistic, and measurable. Write them down and post them where you see them daily. Evaluate your progress towards your goals at mid-term and revise them as necessary. Reward yourself for accomplishing your goals.
4. **Be Prepared** - Prepare before you go to class. Read your textbooks so that you can relate to what is being taught to you during class. Turn work in on time. Keep up with your studies because falling behind can be overwhelming, especially if you are trying to maintain a successful athletic career.