

Infographic: Effective Study Tips for University Studies

Strategy 1: Planning in details

Create a detailed study schedule with specific goals. Studies show that individuals are more motivated to act when there is a designated time and a clear target.

Strategy 2: Start with Difficult Tasks

Newton's second law states that the momentum of a body is equal to the product of its velocity and mass. It also states that the time rate of change of this momentum is equal in both magnitude and direction to the force imposed upon it.

Strategy 3: Active Reading

Start your assigned readings with questions in mind. Then, actively seek answers by connecting main ideas mentioned in lectures. This allows a deep understanding more efficiently.

Strategy 4: Interleaving

Interleaving means changing your learning subjects every few hours, such as adding a writing practice between your math assignments. It strengthens your memory by consciously teaching the brain to differentiate and retrieve.

Strategy 5: Testing yourself

Create practice questions to test yourself when reviewing. This allows a better assessment of your knowledge and deeper encoding of the course contents.

Adapted from:

Dembo, M.H., & Seli, H. (2008). Motivation and learning strategies for college success: a self-management approach (3rd Ed).