HOO KNEW? 1, 2

- Research shows that many students struggle with studying because of overconfidence
- Spaced studying is less harmful than cramming
- Majority of UVA students study 3 - 7 days in advance 3

TRAIN YOUR BRAIN

METHODS FOR EFFECTIVE STUDYING 1, 4

Read, Recite, Review 3
Read the chapter, recite what you just read and review with questions or verbal recollection

7 Day Study Schedule
Make a seven day calendar marking off which studying task you will complete for each day

DOS AND DONTS FOR STUDYING 1, 2

<table>
<thead>
<tr>
<th>DO</th>
<th>DO NOT</th>
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<tbody>
<tr>
<td>Do use real life examples to understand material</td>
<td>Do not wait until the night before to study</td>
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<tr>
<td>Do use real images to represent the information</td>
<td>Do not assume you know more than you do</td>
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<td>Do not just reread your notes</td>
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</tbody>
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Top 6 Strategies for Effective Studying

The ANSWER Method
- Ask, explain and connect
- No cramming
- Switch between topics
- Words + visuals
- Examples
- Recall what you know

FOR MORE INFORMATION

Check out the YouTube video “How to Study Effectively for School or College - Top 6 Science-Based Study Skills”
Talk to Shelly Lovelace, UVA Learning Specialist

SOURCES
3. Electronic Survey conducted in Spring 2016; UVA student athletes
4. Lovelace, S. (2018, March 0). Personal Interview: UVA Learning Specialist, srp6b@virginia.edu

Created by Ciara Leonard, Women’s Track and Field 2020
Designed by Eric Duong, 2020