

## Study Tips

### Study in a quiet place

Find a place within the college (ex. library, classroom) with minimal distractions.

### Study when you're most alert

Is it in the morning, evening or night when you feel most attentive? This is the time to maximize your understanding of content.

### Build study time into your routine

Plan for at least 2 to 3 hours of study time for every hour of classroom instruction. So if you are taking 12 credit hours, 24 to 36 hours of studying should be done each week, which equates to 3.5 to 5 hours of studying per day.

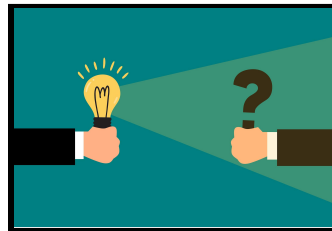
### Study requires repetition

Repetition is key to learning.  
Reading, rereading, writing, rewriting

discussing, rediscussing, thinking and rethinking can help make the information second nature especially when done in different ways.

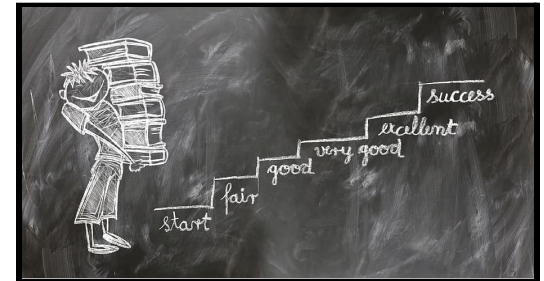
## Seek Support and Help

- Don't hesitate to contact your faculty if you have questions, concerns or problems. Check their availability and set up a meeting.
- Make an appointment with the Center for Student Success. Whether you need help with study skills or stress reduction, we are here to help facilitate your success.



## Student Center for Student Success

# SUCCEEDING INSIDE AND OUTSIDE OF THE CLASSROOM



[studentsuccess@sentara.edu](mailto:studentsuccess@sentara.edu)

(757) 388 - 2864

To be successful in college, you need to create a plan. Use the following strategies to help you succeed in class.

## Time Management

### Use a calendar or academic planner

Record dates for assignments, tests, activities and appointments. Big projects can be broken down into several due dates for better management.

### Make use of the time when in the college building

Review notes right after class ends. Go to the library or schedule a room to study alone or with a group.

### Prioritize tasks

Create a To Do list and complete most necessary tasks first. When it's done, cross it off the list.

### Complete assignments early

In doing so, changes and improvements can be made and poor work quality can be prevented.

### Combine tasks

Study while doing household tasks such as laundry or cooking. Listen to lecture/video podcasts while Exercising.

## Classroom Success

### Attend every class session

Be on time and be attentive so as not to miss important information.

### Be prepared and participate

Watch the videos and complete assigned readings and activities. Be ready to ask clarifying questions and participate in discussions. Time will pass by quicker and the faculty will be impressed.

### Use your laptop appropriately

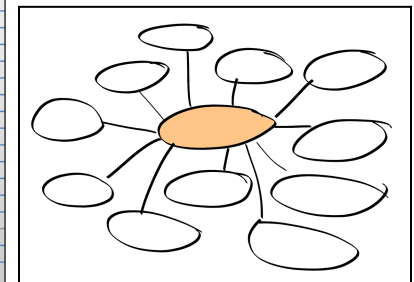
Only use it to take notes and access BrightSpace and websites that pertain to the class. Avoid checking email, using social networks and browsing the web.

### Use a notetaking method

Listen during class and avoid writing every word the faculty says. Find a notetaking method (Cornell, outlining, mapping, etc) that works best for you and that will facilitate your listening and understanding of topics being presented.

Name	Date
Subject	Page #
recall column	notes column
summary	

Cornell



Mapping