Study: Repetition is the key.
Ask questions (why, how, and what if).

3 to 5 Intense Study Sessions per day
Weekend Review: read notes and material from the week to make connections

Assess your learning:
- Am I using effective study methods?
- Do I understand the material enough to teach it to others?

Attend class: Go to class!
Answer and ask questions and take meaningful notes.

Review after class: As soon after class as possible, read notes, fill in gaps and note any questions.

Set a goal
- 1-2 minutes
- Decide what you want to accomplish in your study session

Study with focus
- 30-50 minutes
- Interact with material (organize, concept map, summarize, process, re-read)

Reward yourself
- 10-15 minutes
- Take a break

Review
- 5 minutes
- Go over what you just studied

From the Center for Academic Success at LSU