

Tips for Becoming A Successful Student

Prof. Reima al-Jarf

- One of the most important characteristics of a successful student is that he/she attends class. Your teachers will reinforce this and explain that missing class means missing important information. All students have to miss class sometimes, but successful students assume responsibility for getting the class content and any assigned work.
- When you get home and are preparing for homework, take 10 minutes for each hour of class to review your notes. This is best done within 24 hours. If you have read ahead of class, listened during class and reviewed your notes within 24 hours, research demonstrates that you will already be able to remember more than 60% of the information. Now add studying to that figure and you will get much better grades.

Preparing for tests and exams:

- In "Becoming a Master Student," author Dave Ellis says that it is important to manage review time, which includes daily, weekly and major (just before the test or exam.)
 - have jotted down. If there is something you do not

understand, make note to ask the professor at the next class.

Review your notes.

- Do a longer review of each week's notes. Putting that information back into your memory again will make it easier to remember when you sit down to study for the test.
- Start with a plan -set up dates and times and content to cover in each.
- Don't cram - if you have put your course information into long-term memory, cramming overcrowds your short-term memory and mixes up what you have stored in long term. This causes you to be confused and panic sets in.
- Study during daylight hours. If you wait until late at night, your body and mind are too tired.

Break your study time into chunks. Don't study for longer than 1 – 1 1/2 hours at a time. Take a break. Be sure to get some exercise and fresh air.

- Jog your memory - use mindmaps to relate the material.♣
- Be sure you are clear on the date, time and location of the test. Give yourself time to get there. If talking to classmates in the hall before or after a test increases your anxiety, don't do it.