

STUDY TIPS

Make studying a habit

Study at specific times each day and in a location where you are not easily distracted. A quick review of lecture right after you get out of class is a great way to jog your memory.

Get the big picture

While reading your textbook, get an overview by looking first at the title, introduction, bold headings, and conclusion to learn the main points and details more easily.

Set SMART goals

Specific: What do you want to achieve?

Measurable: How will you know you've reached the goal?

Achievable: Is it in your control to accomplish it?

Realistic: Can you realistically achieve it?

Time-based: When do you want to accomplish it?

Active vs. passive studying

Passive study methods, such as reading your textbook may be helpful, but there are ways to engage your brain in other ways through active studying. Examples of active studying include: utilizing flashcards, teach a concept to someone else, and studying with others.

Prepare for class

Look over your previous class notes, preview the chapters that correspond to the lecture, and come up with questions you want answered.

Study in a group

Group study can get results. Find two other students who have done their homework and are ready to review with you.

Take care of your mind

Getting less than 7-8 hours of sleep per night can impact our memory and ability to recall information. Make sure to get a full night's sleep, eat enough for your body, and engage in movement. Remember, your brain is an organ too!

Practice relaxation when stressed

Relaxation ideas:

- Stretch your muscles
- Go for a walk
- Cook yourself dinner
- Take a shower
- Watch a funny movie
- Call a supportive friend/family member

Reach out

If you are struggling academically and could benefit from tips and strategies, check out the CTC website or schedule an academic intake appointment.

CONTACT US

UW La-Crosse Counseling and Testing Center

2106 Centennial Hall
8 - 4:30pm M-F
Urgent care: 12 - 4pm M-F

Phone: 608-785-8073

Emergency Resources

UWL Police: 608-789-9999

City of La Crosse Police: 911 or 608-785-5962

Great Rivers 211: 211 or 800-362-8255

Suicide and Crisis Lifeline: Call or text 988



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