



REAL
PEOPLE

REAL
PROBLEMS

REAL
SOLUTIONS

ALLEVIATING DISTRESS AND PROMOTING HEALTHY FUNCTIONING BY PROVIDING SHORT-TERM COUNSELING SERVICES.

University Counseling Center

UCC

Study Skills

MOTIVATION IS THE KEY TO SUCCESS



- It may not always come easy, but you have to be motivated to perform your best.
- Treating yourself to a reward after completing a task can build your motivation.
- The thought of completing a task, alone, can build your motivation by relieving the stress and anxiety that is attached to the thought of the assignment.
- You are responsible for YOUR study habits, managing YOUR time, and YOUR success.

Going to Class Really Does Pays Off!

- Studies have found a positive correlation between class attendance and grades.
- Most professors believe that their lecture material is important. If you miss class, you miss what is important to the professor; hence, what is most likely to end up on the test.
- Participate in class.
- Take your textbook to class and take good notes.
- Read the material prior to class. This may help you understand and follow more closely.
- If you need to miss class, let your professor know. Exchange numbers with reliable classmates from whom you can get the notes from in case of an emergency.

Get to Know Your Professor

- If you are struggling in your class, talk to your professor.
- Do not wait until the last minute. It may be too late.
- Even if you are not struggling, build a relationship with the professor. This displays your effort for the class.
- Your professors can also introduce you to beneficial people or organizations.
- It is not always about what you know. Sometimes it is about who you know.



Set up a Schedule for Studying

- Keep a daily planner readily available to lay out your day and your goals for that day.
- Allocate more time for the most difficult classes. Start studying for 10-15 minutes at a time and then build up to longer periods of time.
- **If you can no longer concentrate or remember what you have read**



Do not attempt to cram.

The average attention span for one task is approximately 20 minutes. Study small portions of material, take a break and then study some more.

- Reward yourself for studying, learning a difficult concept, or completing a project. You are more likely to study again if you know there is a reward at the end of completing a task.

Pick a Good Study Location for You

- Where you study can influence your concentration and your study habits as well. Make sure you are comfortable, but not too comfortable.
- Using the same place each time will help you associate that particular location with studying and will facilitate concentration.
- Seek a quiet well-lit study area. If you prefer to study with sound rather than it being quiet, play music at a low tone. Do not allow it to overpower your time studying.
- Eliminate the obvious distractions.
- Studying in a physical situation that is similar and in an emotional mood that is similar to the one you experience during test increases your chances to recall studied information.

Increase Your Reading Effectiveness

- Read actively with involvement.
- Read carefully and try to answer questions you have asked yourself.
- Cornell notes- Draw a line down the page, leaving more space on the right than on the left. The left side will be for main ideas, questions, and terms. The right side will be the notes where you give details on the main ideas, answer questions, and define terms in your own words.
- Review the material to figure out what you know and what you need to concentrate on.



Join a Study Group

- Be apart of study groups with students who are interested in the class.
- Read and have an understanding of the material before coming to the study group.
- The purpose of the study group should be to review material and to clarify individual problem areas.
- **DO NOT ALLOW THE STUDY GROUP TO TURN INTO A CHAT SESSION!**



Test Taking Strategies



- Now that you have studied, it is time to take the test. RELAX, you know the material.
- Be aware of the time you are given to take the test.
- Do not read too much into the test. It is most likely not a trick question. You may have just studied effectively and know the material well.
- When it comes to difficult problems, eliminate the highly implausible answers, put a star next to the question and come back to the question later. Other items on the test may assist you with answering the question.
- If you have time, review your answers. When you review them more slowly you may find that there is a better answer. Do not hesitate to change your answers.

Relax, It is Better That Way

- If you get too psyched-up or tensed-up during your tests, you will not be able to recall your material because your test mood state will not match your studying mood. This is the reason why it is so important to calm down in a testing situation.

Relaxation Techniques

- Breathing- Take a deep breath in and then another deep breath in. Breath out slowly. Feel the tension flowing out.
- Body Scan- With your mind, briefly scan every muscle in your body from the tips of your toes to the top of your head. If you sense a tight muscle, just let it become limp and relaxed.

How do I Study With ADHD



- Everyday can be a challenge with Attention Deficit Disorder/ Attention Deficit Hyperactive Disorder
- Keep a daily planner readily available and maintain a consistent schedule that fits your personal characteristics.
- Write down short-term and long-term goals and keep them where you can look at them daily. This will help you stay focused.
- Use bite-size tasks. Break lengthy assignments into smaller portions.
- Discourage negative self-talk. Treat problems as challenges to be met.
- Reward yourself when you achieve your goals.

So,

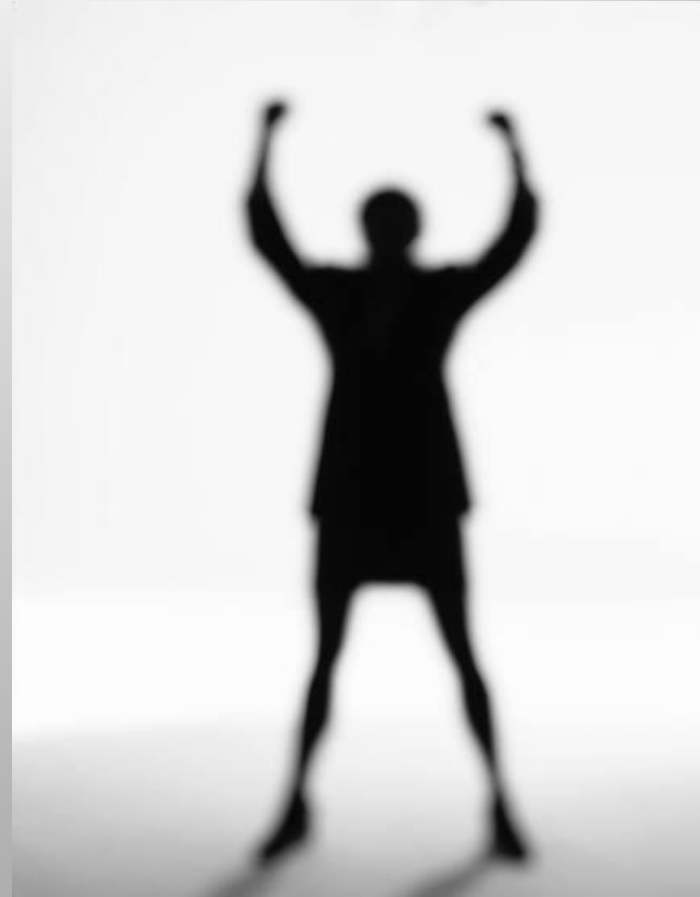
What is it that Motivates you?

**What is your Motivation for
coming to college?**

- Make a list, and keep it visible as a constant reminder to keep pushing forward.

We Want You to Succeed

- Start studying from the first day.
- Effective studying can produce a sense of competence, pleasure, and mastery.
- In the event that other factors are affecting your studying, such as family issues, roommate concerns, and alcohol and substance abuse, visit the University Counseling Center. **The University Counseling Center is for YOU.**



University Counseling Center

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University Counseling Center 713-313-7804

After Hours Emergency 713-313-7000

Houston Crisis Hotline 713- HOTLINE