

The Insider: 5 must-do study tips

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Now that midterm exams are done, it's a good time to reflect on how well you did and consider how you could have better prepared. Make note of these useful study tips that will be helpful as you prepare for those fast-approaching finals.



Location ? Try to avoid studying at home because there are far too many distractions. Instead, choose a place that suits your ideal study environment. Like comfort? Grab a couch in the Lavin-Bernick Center. Need caffeine? Try a coffee shop. Silence required? Consider the library or a conference room in your residence hall.

Preparation ? If you think you'll have time to re-read (and absorb) every chapter covered in the first half of the semester, think again. Arrange a pre-study session where you'll organize your notes and create an outline for each class based on what you've covered. Study from the outline only using the textbook as a reference for topics that need clarification.

Ambiance ? Studying is stressful. Know your limitations when it comes to how much noise you can handle. Don't listen to music while you study and keep in mind that coffee shops utilize blenders—very loud blenders.

Allow time ? Cramming the night before a test may work for some who find that they can easily regurgitate the items stored in their short-term memory. However, the process can affect your health due to sleep deprivation and increased stress.

Avoid groups (in the beginning) ? Study groups can be a gift or a curse.

Discussing topics with others is helpful in understanding new material, but if you study with a group before studying on your own first, you may become discouraged if others seem to know far more than you do.

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