



Use Found Time:

To find more study time, use small blocks of time throughout the day that would otherwise be wasted. For example, keep your study guide with you so you can pull it out and go over a few points while waiting at the doctor's office, in the grocery line, or anytime you find yourself just sitting.

Make Your Own Study Guides:

Use the notes from the PowerPoints and the learning objectives to create a study guide. Copy and paste them into Word to create an outline into which you can take notes. Make it your own by adding in your own ways of remembering topics, such as mnemonics or funny associations. Use highlighting to emphasize important points.

Use a Calendar:

To stay organized and not feel overwhelmed by assignments and deadlines, a calendar is essential. At the beginning of the semester, put every test date and assignment from the syllabus into your calendar. Weekly, look ahead to plan time to study. You must be intentional about study time; it won't happen by accident.

Use Electronic Quizzing To Its Full Potential:

Do as many practice questions every day as you can. The more questions you answer, the more your brain must synthesize and apply information, so it becomes much more cemented. Practice questions are available in online resources, through the class textbook, and case studies.

Complete Lots of Practice Questions:

Create Custom Quizzes and select question areas in which you need practice. Don't be discouraged if the questions are hard, or you don't get many right. See it as an opportunity to learn as you review the question rationales.

Smart Study Group Habits:

Studying in a group can be very helpful, but can also be a waste of time if not used correctly. Make sure you have studied individually and are prepared to contribute to the group. Ask each other questions, giving each member the chance to explain what they know.

Efficient Textbook Use:

Don't plan to read all the assigned readings. Instead, skim the chapter, paying attention to the section headings, tables, and graphics. Use multiple methods to study, including reading silently and out loud, making flashcards, and teaching someone else the information you just learned.

Use On-Campus Resources:

All academic resources available on campus are provided at no charge. For reading strategies and to develop a personalized study plan, make weekly appointments with E2-Engage and Excel. <https://www.uah.edu/nursing/students/student-resources/e2>

Attend weekly PASS sessions with the Student Success Center. <https://www.uah.edu/ssc/pass>
Book an appointment with an academic content tutor or academic coach at the Student Success Center. <https://www.uah.edu/ssc/tutoring>