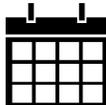


Nine Traps to Studying (and how to avoid them)

Study Trap	How to Avoid
<p>“I don’t know where to begin.”</p> 	<ul style="list-style-type: none"> • Make a list of everything you have to do. Rank tasks by importance and by deadline • Look for free time in your schedule • What can you get done in the hour between classes? • How can you break larger projects into smaller chunks?
<p>“I’ve got so much to study...and so little time.”</p> 	<ul style="list-style-type: none"> • Spread out your studying into smaller chunks and do some studying every day • Use your syllabus to determine due dates and test dates • Plan backwards from due dates & test dates to determine when to start preparing
<p>“This stuff is so dry; I can’t even stay awake reading it.”</p> 	<ul style="list-style-type: none"> • Actively engage with your reading by taking notes • If your reading has headers, skim through those first so you know the important topics before you begin reading • Form a study group that focuses on discussing the reading
<p>“I read it. I understand it. But I just can’t get it to sink in.”</p> 	<ul style="list-style-type: none"> • Chunking: Group together similar information • Mnemonics: Make associations between the new information with something you are familiar with
<p>“There’s too much to remember.”</p> 	<ul style="list-style-type: none"> • Organize the information in a way that makes connections • Create tables or Venn diagrams that allow you to compare and contrast across topics/themes • Write chapter outlines • Use a concept map to explore relationships
<p>“I knew it a minute ago...”</p> 	<ul style="list-style-type: none"> • Continue reviewing and practicing the information regularly • Test yourself—make your own practice test and flashcards • Regularly test your knowledge without the use of resources and make note of the topics you have to “cheat” on
<p>“But I like to study in bed.”</p> 	<ul style="list-style-type: none"> • Recall is better when your study location mimics your testing context • A desk/table better mimics your test environment than your bed • Don’t forget to set timers to mimic the time constraints of an exam
<p>“Cramming before a test helps keep it fresh in my mind.”</p> 	<ul style="list-style-type: none"> • While the information may be fresh in your mind for your exam, cramming reduces long-term recall which means you’ll need to relearn the information for your final • Spacing out your studying means you won’t have to spend hours and hours the night before your exam studying
<p>“I’m going to stay up all night until I get this.”</p> 	<ul style="list-style-type: none"> • During the sleep cycle, the REM stage helps move short-term memory to long-term storage • Staying up all night will leave you physically and mentally exhausted for your exam AND it is less likely that what you studied will move to long-term memory

Adapted from: “Avoiding Study Traps” by the University of North Carolina at Chapel Hill Campus Health.

<https://campushealth.unc.edu/health-topics/academic-success/obstacles-academic-success/avoiding-study-traps>