

Basic Study Skills

- Go to class
- Take good notes and ask questions in class
- Study as you go
 - For every 3 credit hours (1 course) - 3 hours in class per week - 6-9 hours study time per week.
 - 12 credit hours (4 courses) - 12 hours in class per week - 24-36 hours study time per week.
- Read materials
 - highlight bold and italic print
 - SRR-(survey, read, review)
 - look at pictures, graphs, charts
- Do your homework
- Eat a good breakfast-
- Exercise
- Get plenty of rest-7 to 8 hours of sleep
- Create a routine and be consistent when setting aside time to study/do homework that will help ease any anxiety and/or stress issues you may be dealing with

Think Positive.....Do your BEST!!