

Effective Study Strategies

Applying effective study strategies that build on your personal strengths and preferences can not only boost your academic performance, but also make studying more enjoyable! Reflect on your study habits and try new approaches to find the best strategies for you.

Prepare to Study



1. **Gather information** about the assessment (e.g. format, content, weight, etc.).
2. **Organize** course materials that you have been given and produced yourself.
3. Prepare your **mind, body, and environment** for optimal focus and learning.
4. Create a **study schedule**. **Set goals** for each study session.

Study Actively

Re-reading is not enough to learn at a university level. Apply these 7 principles to elevate your studying and reach your academic goals!

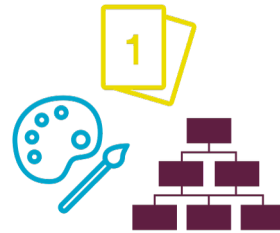
Explore different modes and senses to engage.



Question the material, its context, and relevance.



Create study aids and learning materials.



Retrieve information without using your resources.



Relate new ideas to familiar concepts, experiences, and imagery



Elaborate: seek to analyze and evaluate, not just understand.



Teach the material to peers and friends.



Examples of Active Studying

- Summary sheets
- Creating practice tests
- Mind mapping
- Flashcards
- Wall or room mapping
- Mnemonic devices (see handout)
- Re-enacting
- Diagramming
- Timelines
- Discussing concepts in conversation or soundboarding



The **Academic Success Centre** provides free content, study skills and writing tutoring for UNBC students.

To learn more, **scan the QR code**, or visit **ASC**, located in the Library Learning Commons (5-139G).