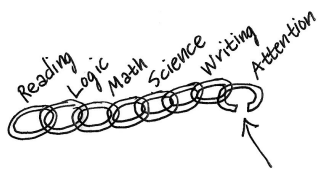


Study Tips

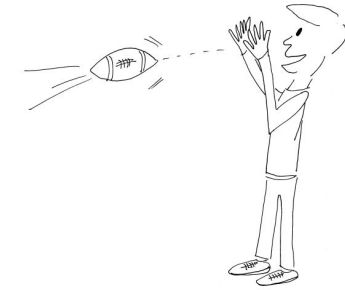
1. Treat school like a full-time job! Put in 2-hours of study for every 1-hour spent in class. Have a regular study schedule and a regular study location. Human beings are creatures of habit. Pretend college is a good paying job that you want to keep by doing a good job at it! Show up to work each day at your scheduled time and take your job seriously. Complete assignments on time. When you finally graduate and have your degree in hand you will find that college WAS actually a good paying job! There was just a slight delay in receiving your paychecks.



2. Find the weak link in your chain and then strengthen it! A chain is only as strong as its weakest link. Often your weak link may have nothing to do with the subject matter in the course. For example, you may understand the physics in your physics class, but you may make a lot of mathematical errors. If that is the case, then work on improving your math skills and you will do better in your physics class.

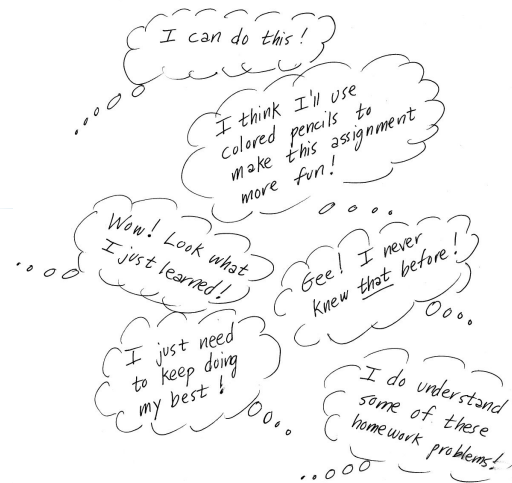


3. Don't procrastinate! Seek out the professor to ask questions when you are confused about the course material. Start and complete assignments on time. Get a tutor at the Learning Center at the first sign of difficulty in a college course. However, don't be so impulsive that the professor's classroom presentation with unrelated questions that require long explanations.



If you keep regular study hours, then you will feel free to relax well at other times.

4. Use positive self-talk! "Pretend" you like a subject "even if it is not your favorite". Respect the teacher in the classroom and look for the positive aspects of their teaching. You will be amazed at how this positive attitude will cause your body chemistry to respond. You will "feel" better and "perform" better in both the classroom and in your study times. Bad attitudes are a sure way to set you and your classmates up for failure.



5. Take good care of yourself! Be sure to take breaks and have fun each day! If you keep regular study hours, then you will feel free to relax well at other times. Never ever combine study and relaxation! Keep them separate! Eat well, sleep well, exercise and see a dentist or doctor when needed. Your body and mind are connected and not separate entities.

Test Taking Advice

1. Review homework problems. The test will consist of problems that are similar to these.

2. Be sure you have read the required reading and understood it. Make a checklist of any questions you may still have and/or ideas that are still troublesome. Try to answer your questions and practice the troublesome parts. When you feel confident that you understand, check off that topic on your list. This method helps you to concentrate your studies where they are needed.

3. PRACTICE, PRACTICE, PRACTICE!!

4. Don't stay up late the night before the exam! When you start to feel tired and you cannot think clearly (you'll know when this is), stop and go to bed. The rest that your mind gets will be a far greater advantage to you than anything you could have learned after that point. (Maybe the things you were going to cram will not even be on the test.) There is *nothing* more frustrating than knowing how to do a problem and missing half (or all) of the points because you didn't read the problem clearly or you made a mathematical error!



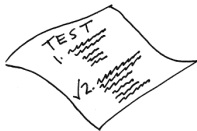
Get a good night's sleep before the test. Pulling "all-nighters" usually doesn't pay off.

5. Stay relaxed and calm during the test.

Take a few deep breaths and remember that rarely is your grade destroyed by your performance on one test. You have a lot of chances to get points in the course.

6. Read over the test and put marks beside the problems you think you can do. Do these problems first, take your time, and get them correct.

If you know that you can get these points, then pocket them right away - don't wait. If you run out of time on the harder problems, then at least you haven't wasted time that you could have used to get the easy points. (Maybe you wouldn't have got the harder problems anyway - even if you had a week to do them.)



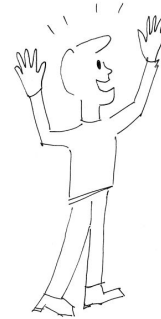
7. If you get stuck on a problem and can't seem to get unstuck after a few minutes, then move on to another problem.

Sometimes you will remember something after going on to another problem.

8. If there is time left at the end of the test, be sure to check it over thoroughly before turning it in!

Do this even if you feel very sure that you have every problem correct. You may find a small algebra error that you can easily correct. These saved points can make a letter grade difference by the end of the course. However, *never change an answer unless you are 100% sure it is wrong.* Trust your first answer if you are in doubt.

9. Turn in your test when the time is up, and leave with a good feeling knowing that you did the best that you could. **Don't let the test ruin your day. Celebrate what you have learned!**



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Study Tips and Test Taking Advice

