How to prepare for a study session

1. Make sure you are sitting comfortably, with all study materials to hand.

2. Switch off your phone.

3. Decide how long you want to study. Uncertain? Try a 60 minute study block.

4. Choose what you want to study (decide which pages you will read).

5. Take a few minutes to scan the material.

6. Now you are fully prepared to start reading!

Difficulty of reading material | Pages per 60min study block
--- | ---
Hard | 2-6
Medium | 8-10
Easy | 12-14

Scanning = Trying to identify what subjects will be discussed without actually reading the text.

Would you like to learn more? Visit www.rug.nl/mu/ssc for workshops and courses. For example, our course on studying effectively!
How to study effectively

Study

1. Read
   Read the text you want to study. Check by summarizing the highlights in your own words. Review the parts you missed!

Tip!
Focus on comprehension, not on memorizing everything!

2. Summarize
   Make a summary using keywords! Start with the main topics and define the subtopics.

   Main topic
   Subtopic
   Sub-subtopic

Repeat

1. Active brain
   A lot of repetition is the key secret to learning! But it only works if your brain is active!

   Try to remember your summary without looking at it. Only look things up after testing yourself.

2. Flash cards
   Extra option: Write down questions on the front and answers on the back of flash cards or sticky notes.

   Flash cards work best for learning facts, like numbers and definitions.

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