



TRY EACH OF THESE TIPS AT LEAST ONCE:

- **Quiet space:** Find a designated space where you can study and do your homework regularly. It might be hard to find somewhere if you live with others, but finding a designated space where you can work without interruptions will help.
- **Schedule:** Set a time and stick with it! Consistency is important when there is no actual class time. Set a time you will log in to class each day/week. (e.g. if you work best in the morning, plan on working then. Work on the same subject at the same time everyday.)
- **Goal setting:** Set small, achievable goals with set time frames. Don't feel like you have to do it all in one sitting (e.g. an achievable goal would be to complete two math problems in 10 minutes or write one paragraph in 30 minutes)
- **Communication:** Maintain frequent communication with instructors & classmates, even if you don't have questions/concerns. Set a goal for yourself to reach out to at least one instructor/peer per week.
- **Organization:** Use a planner or calendar to mark due dates for the entire quarter. Use different colored pens for notes or to distinguish classes. Use folders or dividers to organize class materials.
- **Find support:** Join a learning community like TRIO, MESA, AANAPISI, or UMOJIA. Finding someone to help you access resources or turn to ask for help is a great way to stay grounded.
- **Meditate:** Try a 3 minute guided meditation before you start your work to help you focus. UCLA Meditation has some free great ones!



Metacognition: Try these scientifically proven study tips to help you learn the information from class:

Retrieval Practice: *Practice bringing information to mind*

*Put away your class materials, and write down everything you remember then check your work

*Make up your own practice tests and time yourself to get into the habit of timed tests.

* Make flashcards but go beyond just definitions.

Spaced Practice: *Space out your studying over time*

*Start planning early for exams, and set aside a little bit of time every day. 5 hrs over 2 weeks is better than the same five hours all at once

* After you review information from most recent class, go back and study older information to keep it fresh.

Elaboration: *Explain & describe ideas with many details*

*Ask yourself questions while you're studying and discuss them with classmates or instructors.

* Describe how ideas you are studying apply to your own experiences/memories. As you go through your day, make connections to the ideas you are learning in class.

Interleaving: *Switch between ideas while you study*

*Ask yourself questions while you're studying and discuss them with classmates or instructors.

* Describe how ideas you are studying apply to your own experiences/memories. As you go through your day, make connections to the ideas you are learning in class.

Concrete Examples: *Specific examples to understand abstract ideas*

*Find or create as many examples from class, from peers or from life. Share and explain them with friends, classmates or your instructor.

Dual Coding: *Combine words and visuals*

*Look at visuals in class or textbook and explain them in your own words and create visuals for class materials and important ideas in textbooks. Use diagrams, timelines, cartoon strips or infographics.

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