

Studying: Study timeline

Not sure when to start preparing/studying for an exam? Use this toolkit to receive guidance on how to stay on track so that you perform well on your next exam.

1.) Use spaced practice

- Think realistically and block off regular study time early on.
- You can use your syllabus as guide to create a schedule that allows you to space out your studying.

2.) Preview the text (before class)

- Look over sections to be covered in the next lecture.
- Skim the text by looking the the titles, subheadings, charts, and chapter summary.

4.) Read text covered in lecture (within 24 hours after class)

- Read the text that was covered in lecture along with the notes you took during class.
- Break the text down by reading small sections at a time.
- Ask yourself a question at the beginning of each section and try to answer it while reading through the text and notes.

3.) Listen, participate, and take notes (during lecture)

- Document what the professor says in addition to what is on the board or PowerPoint.
- Leave space in between topics to add information later during review.
- Mark unclear concepts or topics so you can review them again later.

5.) Review and recall (weekly)

- Clarify unclear concepts by reviewing the text and consulting your professors.
- Summarize the main ideas by putting them into your own words.
- Create flashcards and add diagrams, charts, or figures to supplement notes.
- Study both old and new material during your study sessions.

6.) Self-test (weekly during review)

- Use memorization techniques to remember the material.
- Write and answer practice questions.
- Create your own examples or apply concepts to your own life.

University of California, San Diego

★ *Take this time to add these steps to your agenda/calendar!*



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★ *What does your current study timeline look like?*

★ *What new strategies can you incorporate into your study timeline?*

My commitment is...