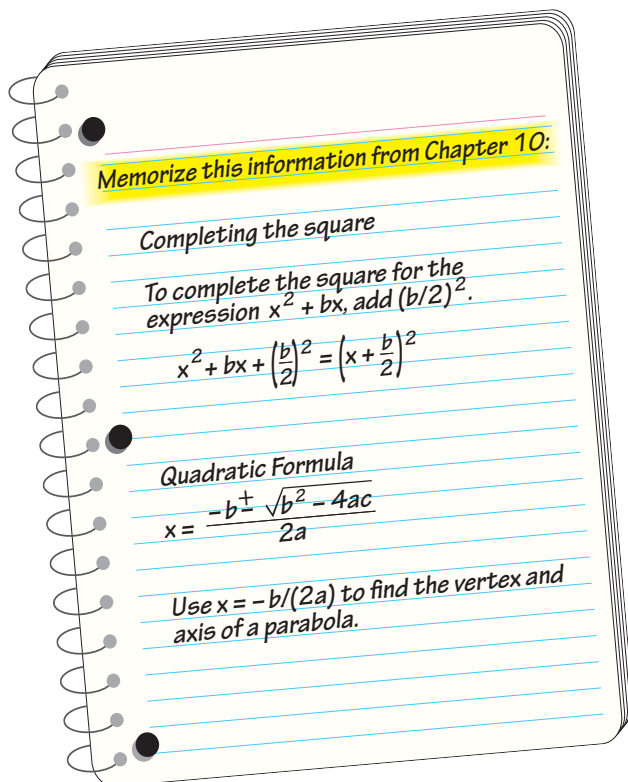


Study Skills in Action

Improving Your Memory

Have you ever driven on a highway for ten minutes when all of a sudden you kind of woke up and wondered where the last ten miles had gone? It was like the car was on autopilot. The same thing happens to many college students as they sit through back-to-back classes. The longer students sit through classes on “autopilot,” the more likely they will “crash” when it comes to studying outside of class on their own.

While on autopilot, you do not process and retain new information effectively. You can improve your memory by learning how to focus during class and while studying on your own.



Smart Study Strategy

Keep Your Mind Focused

- | | |
|----------------------------------|--|
| During class | <ul style="list-style-type: none"> • When you sit down at your desk, get all other issues out of your mind by reviewing your notes from the last class and focusing just on math. • Repeat in your mind what you are writing in your notes. • When the math is particularly difficult, ask your instructor for another example. |
| While completing homework | <ul style="list-style-type: none"> • Before doing homework, review the concept boxes and examples. Talk through the examples out loud. • Complete homework as though you were also preparing for a quiz. Memorize the different types of problems, formulas, rules, and so on. |
| Between classes | <ul style="list-style-type: none"> • Review the concept boxes, the Concept Summaries, and the Concept Summary Check exercises. |
| Preparing for a test | <ul style="list-style-type: none"> • Review all your notes that pertain to the upcoming test. Review examples of each type of problem that could appear on the test. |