

Helpful Tips College Counselors Give to Students

Initiated by Student welfare cell in association with Examination Committee and Counseling Cell

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Alan Cohen stated “There is virtue in work and virtue in rest. Use both and overlook neither”.

One must always remember that rest and hard work is equally important to obtain positive results.

The student welfare cell in association examination committee and counseling cell prepared a guide for students to learn effectively and prepare for examination.

Below are the helpful tips for students to learn and prepare for exams effectively.

1. Discover your learning style

The most important thing to do before you start your start studying is to find out your learning style as it will allow you to prepare effectively. The 4 major learning styles are: a) Visual learners: Taking in information visually that is through maps, graphs, diagrams, charts, patterns, shapes, etc.

b) Second Visual style/reading-writing learners: Grasps information through words either by reading it or writing it

c) Auditory learners: Consumes information in auditory form when it is spoken or heard.

d) Kinaesthetic learners: Take in information through hands-on experience, that is through practical methods, personal experience or simulation (Bay Atlantic University, 2021).

2. Take Good Notes

When learning, practice taking good notes. This will allow you to pay more attention to what you are studying. Scientifically, note-taking helps in remembering the material you read. The effort required to take notes helps in forming new pathways in the brain and encode the information that is then stored in long term memory (Parsons, 2022).

3. Ask your classmates or friends for help

Reach out to your friends or classmates to form a study group. Explain study material to your friend and vice versa, push each other to study better and have quizzes for each other (Lantra, 2023).

4. Select suitable study environment

Every student has unique learning style, this learning style will help you to decide to choose suitable learning spot. Some students may prefer studying in complete silence, others may prefer to study in areas where there is certain amount of noise. Choose a study spot where distractions can be eliminated (you may feel sleepy at home) and you can be more productive (you may feel more productive in college library).

5. Focus on understanding

Instead of focusing only on memorization without understanding the meaning, attempt to learn the meaning of concept that you are studying, apply it to real world scenarios and repeat the facts.

6. Use Mnemonic techniques to remember

Break the information into small parts and form acronyms, rhymes (example: ABC song), visualize images. link stories, phrases, chunking or metaphors.

- Acronym example: YOLO: **Y**ou **O**nly **L**ive **O**nce
- Chunking: Divided the material into smaller parts and memorize. Example: 899674789897 will take more effort. But, if it is chunked like this: 8996 7478 9897, it becomes easier to remember (Heerema, 2022).

7. Set Realistic and Specific Goals

Psychology today has recommended SMART method.

- S=Specific: Set specific goals with an actionable plan, example “I will study on weekdays between 3pm and 5p.m.”
- M=Measurable: Measure what you are learning by studying for certain number of hours or improve your exam score by a certain percent/grade
- R=Realistic: Remember to set goals that are realistic, include your distractions while making these goals. Example, if it is not possible to study on weekends due to certain obstacles, try to increase number of study hours during weekdays instead of panicking on weekends.
- T=Time-specific: Keep your goals consistent with your academic calendar (Parsons, 2022).

8. Reduce distractions

Be aware of what distracts you and eliminate it from your study environment. Example: if learning from phone leads to using social media apps, keep the device away from you, remove the apps, use other devices like laptop or use hardcopy of study material.

In order to be focused one will have to practice it every day and consistently.

9. Take breaks

The most important aspect of learning effectively is taking breaks. According to Oxford Learning, when you study for 30 minutes, take a short 10–15-minute break to recharge. It allows in better retention of information.

Include warm up during your breaks: stand up, stretch your legs, and get some fresh air before getting back to the books (Lantra, 2023).

10. Treat to yourself

Give yourself the credit for hard work. Reward yourself with treats and breaks. Rewards can be anything you enjoy doing, example: healthy snack, tv show, walks or spending time with closed ones.

Apply these tips in your daily routine and see the wonders it can make. Remember to take care of yourself and be aware of your emotional and physical state. Try not to burn out.

References

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