

APSU Writing Center

A Guide to Studying

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Learning the right studying techniques can be challenging, especially when the class is difficult. In this guide, you will find a few techniques that promote better studying habits:

- **First technique:**
 - Students often use yellow highlighters in their notes to help them study better, but a study by the University of British Columbia concluded that red and blue help our brains retain information better (Have an old red or blue ink pen laying around? The next time you go to class, try writing your notes in these colors.

- **Second technique:**
 - Try rewriting notes on a separate piece of paper while studying at home. This takes immense concentration and makes the brain focus on the words. After rewriting the first time, write it again but without looking at the notes. The repetitiveness of the technique may help to memorize the information.

- **Last technique:**
 - After studying, explain the information to another person. Explaining it to others ensures that the information sticks. The best part about this technique is that it works for written and multiple choice tests. These techniques can also be applied to any subject. Happy studying!