

I wish somebody had told me these things when I was a student the first time. It would have been a lot easier. Dr. Marty Lobdell is a psychology professor who created a course on college study skills.

He realized that many students had issues with proper studying and made it his mission to create a course that allowed students to learn to study efficiently and effectively, taking them from average students to A plus in a semester's time.

Here, we'll go over the idea for studying smarter, not harder.

The moment you start to slide, you're shovelling against the tide. What you need to do is what? Take a break. Here's what's cool about it. You can study for a half hour. It doesn't take a half hour break to recharge your batteries. For most people, about five minutes.

We always dread sitting down to study for extended periods of time. But what you may not realize is that you are hindering yourself from studying effectively if you do this. As Marty Lobdell explains in his lecture, Things that are reinforced, we tend to do more of. Things that are punished or ignored, we tend to do less of. According to London's Global University, five of the benefits of taking study breaks include improved memory, reduced stress, improved health, and boosts to your energy, as well as boosting your performance and creativity. The main point to take away from this is to make sure to break up your study time from longer periods to shorter ones with scheduled breaks.

Creating a study area is one of the best ways to help you when it comes to studying.

Not sure how to create a good study space? According to Joyce University, make sure your study area is well-lit, has noise and light control, as well as some personal touches that will help motivate you when you don't feel like studying. These are some of the best ways to create a study environment that keeps you motivated and happy. Memorization is a great way to remember facts, but not Every class you are in wants you to know just facts. Lots of classes do a combination of both memorization of facts and understanding of concept. If you can memorize facts, you are only halfway there.

When you're reading it over and over, or saying it over and over, the term for that is rote memorization spelled R-O-T-E. It can work. It is the way most of us were taught in elementary school, and some of you may be darn good at it. But for most of us, it's not the most efficient or effective way. The way to learn efficiently in college, first you have to decide, What am I learning? Is it a concept or a fact?

Students who understand the importance of concepts have a stronger and more powerful grasp on what they need to know for their upcoming exams. By understanding what the concept is, you are able to remember it for your exams, papers, and the rest of your life. According to the Department of Education, education, research suggests deep conceptual learning, DCL, is distinctly different than surface learning. **Deep conceptual learners** tend to think, discuss, and question more, seeking to understand rather than only memorize.

Most of you undo good studying by not sleeping adequately. Some of the latest work on ramming, we're not sure exactly how, but there's something going on. It involves the hippocampus, it involves the storage from a transitory long-term memory to a permanent, what we call consolidation. If you're not getting a good night, typically around eight hours, you're not getting enough rem, what you've studied doesn't become permanent. I can tell you there are studies that show simply by getting better rest, some students improve markedly in their performance because their brain now stores it a lot more efficiently. Without a good sleep, your brain cannot function properly and will not be able to absorb the information you are trying to learn. By prioritizing your sleep, you will help Go create a healthy routine that not only benefits your academic life, but other aspects of your life as