

**STUDY
TIPS FOR
NEW
STUDENT
S**

**UNIVERSITY OF
HOUSTON**





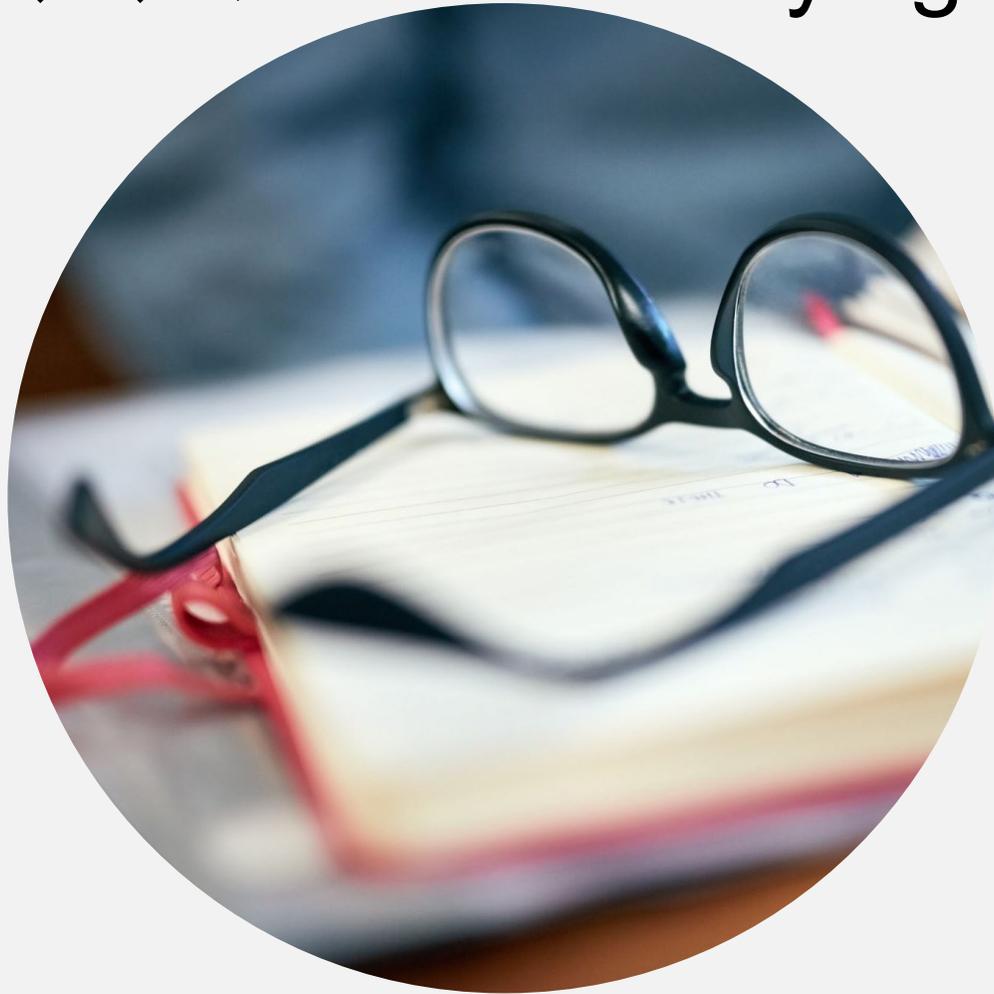
Welcome to the University of Houston!



Starting at a university is an exciting time for most. It can also bring a lot of anxiety for some, especially with the current climate of our country. As we all learn to navigate our new norms, the University of Houston, faculty, staff, and students alike, are here to assist. Below, you will find several tips on how to best study and stay motivated while doing so.



Tips for effective studying



- **Take good notes** during lecture/while reading - Writing dates and keeping notes organized by lecture makes studying for exams more efficient.
- **Review notes daily** - Reviewing notes daily is a great way to ensure you are retaining information.
- **Use flash cards** - Writing down key points allows you to retain important information while eliminating unimportant details
- **Join a study group** - Study groups can be useful when working through difficult problems or assignments.
- **Do not procrastinate.**
- **Get a good night's rest** - When you are well rested, you are more alert and better able to retain information
- **Set goals and intentions** - Setting goals allows you to visualize your end goal and stay motivated to complete them.
- **Create a schedule** - Setting aside a set time for studying, helps keep you accountable and assist in making it a habit that you do consistently.





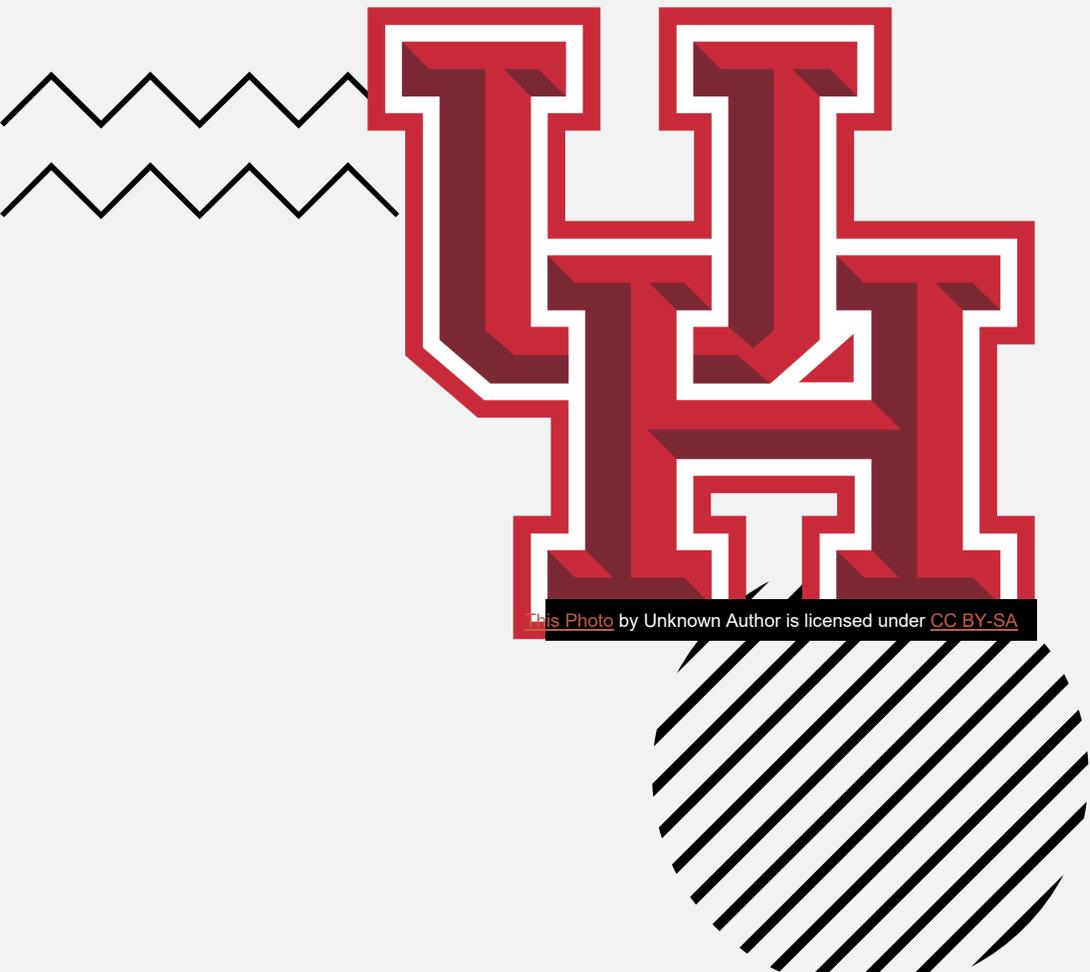
Tips for staying focused



- If you live with family, hold a family meeting to discuss your goals and create a plan that allows you quiet time to study
- Do a light exercise prior to studying
- Take 10-15-minute breaks every 45 minutes to an hour
- meditate
- Include a good amount of protein in your diet
- Set timer on your phone
- If your phone is a distraction, put it somewhere that is not immediately accessible.



Resources



LAUNCH SERVICES

- Tutoring
- Peer/Success Workshops
- Academic counseling
- Accountability partners

How to set an appointment with LAUNCH: Using the Navigate app, go to set appointment. Select support services, then LAUNCH. Select a date.