

STEM Study Tips

Active Learning and practice

1. Go to tutoring or your professor's office hours to clarify concepts
2. Review topics in your notes that you may have forgotten
3. Solve extra problems in your book that are similar to your homework
4. Redo homework problems you don't remember how to solve
5. Read your book. Look back in the section and make sure you understand before moving on to a new chapter
6. Get good night's sleep before your exam, math is especially rough on low sleep

Time management and organization

1. Create a study schedule and plan specific times for studying
2. Prioritize tasks. Identify the most important and challenging topics and choose a time when you are most energized and focused.
 - a. Also consider prioritizing based on deadlines for your assignments and test
 - b. Time blocking: Allocate specific time slots for focused study sessions and stick to them
3. Minimize distractions. Find a study space that works for you and eliminate distractions
4. Organize your materials. Keep good notes, assignment and resources organized

Collaboration and seeking help

1. Study with peers. Working in groups can provide a different perspective and make studying more enjoyable.
 - a. Study groups also provide diverse perspective and help develop teamwork skills
2. Seek help when needed. Ask professors, peer tutors, instructional aids when you are stuck and are not understanding a concept
3. Develop a supportive network. Build relationships with peers, mentors, and staff for support, advice, and different perspectives
4. Utilize available resources. Use online resources, attend study sessions and STEM center resources
5. Review STEM Center online resources

Maintain Well-being

1. Take regular breaks. Incorporate breaks into your study sessions. You can use techniques such as the pomodoro method
 - a. Pomodoro Method:
 - i. Choose a task to be accomplished
 - ii. Set a timer for 25 minutes
 - iii. Work on the task until the time is up

- iv. Take a 5-minute break
 - v. Repeat this 25/5 cycle four times and take a longer break at the end (15-30 min)
- 2. Balance coursework, assignments, and personal life by prioritizing tasks and allocating enough time for each task/activity.
- 3. Prioritize Self-Care. Engage in activities that promote well-being, such as exercise, healthy eating, mindfulness, and seeking support when needed.
 - a. Include exercise in your weekly calendar. Physical activity helps reduce stress and improve focus.
 - b. Choose healthier food options and carry snacks
 - c. Drink lots of water throughout the day
 - d. Seek support from mentors, accountability partners, retention specialists, and personal counseling if needed.