

**Worksheet for Premeds at Xavier University of Louisiana**  
**Here's Some Hints About How to Study**

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To be given to Freshmen at the “Assessing Grades” workshop in the fall. (updated 7/26/11)

Here are some things that, if you do, might improve your performance in your courses. Use the chart below to indicate which of these things you did (or did not do) for those courses in which your current grades are "C" or lower.

1)	Read the chapters before lecture.	Yes	Some	No	NA
2)	Took notes on everything the teacher said during class.	Yes	Some	No	NA
3)	Went back over your notes as soon as you got out of class to fill in gaps and clear up problem areas.	Yes	Some	No	NA
4)	Borrowed and copied any notes you missed in class.	Yes	Some	No	NA
5)	Did all your homework on time.	Yes	Some	No	NA
6)	Used Biology, Chemistry, and/or Math Tutoring Centers.	Yes	Some	No	NA
7)	Worked with friends doing homework.	Yes	Some	No	NA
8)	Re-read the chapters on which you were to be tested about a week before the hour exam.	Yes	Some	No	NA
9)	Went over all of your notes and quizzes at least three times during the last three days before the hour exam.	Yes	Some	No	NA
10)	Went over all of your homework at least three times during the last three days before the hour exam.	Yes	Some	No	NA
11)	As you did #9 and #10 placed increasing emphasis on memorizing, recalling definitions, etc.	Yes	Some	No	NA
12)	Studied the night before the hour exam.	Yes	Some	No	NA
13)	Studied alone until you thought you knew everything.	Yes	Some	No	NA
14)	Studied with friends AFTER #13 was complete.	Yes	Some	No	NA
15)	Went to bed before midnight the night before the exam.	Yes	Some	No	NA
16)	Got up an hour earlier than normal the day of the exam and went back over notes, homework, old quizzes, etc. to refresh memory.	Yes	Some	No	NA
17)	Spent the last 5-10 minutes just before the exam looking over notes, homework, etc. to focus for exam.	Yes	Some	No	NA

**Things to consider as you move forward...**

- ✓ **Be Proactive!!!** Don't wait until you perform poorly on a drill, quiz, or exam (i.e. reactive) to make adjustments in your study habits; maintain an active role in your courses and “learn how YOU learn” to ensure academic success. Preparation, NOT procrastination, is key.
- ✓ **Utilize your resources.** Consult with your teachers, advisers, and tutoring staff well in advance of drills, quizzes, or tests (waiting until the last minute to get help is NOT a good idea). Additionally, if you believe that anxiety or other personal issues are hindering your efforts to study EFFECTIVELY, don't be afraid to seek out assistance from on-campus resources such as the Counseling Center and/or the Student Academic Success Office (SASO). Acknowledging the “road blocks” is the first step to getting around them!!!