The purpose of this document is to equip you with a variety of effective techniques to optimize the ways you study. Use the strategies below to craft a study plan that works best for you.

**Reading**
- Narrowing: Your brain cannot memorize entire chapters; narrowing topics down to main concepts allows for easier studying.
- Highlighting: Highlight important definitions and key concepts to make them stand out.
- Annotating: Put the reading into your own words. This will help you understand concepts even better.

**Writing**
- Flashcards: Making the flashcards is a form of studying. Write down important definitions, key facts, and equations per card. Do not make one card too cluttered.
- PowerPoints: Helpful in summarizing chapters, which can be efficient when going back to study.

**Speaking**
- Cheat Sheets/Review Guides: Helps simulate the exam and gives you practice remembering where you placed concepts on your sheet.
- Tutoring and Study Groups: Allows you ask questions, have concepts explained, and hear additional perspectives from other students.

**Quizzing**
- Office Hours: Get additional questions answered and discuss topics more in depth.
- By Yourself: Allows the opportunity for you to communicate concepts and hear any mistakes you may need to fix.
- Teach a Friend: Explain a concept to a classmate in your own words. This illustrates that you have a firm grasp on the idea.

**Practice Problems**
- Find a study friend/group and quiz each other on what you know.

**Using Flashcards/Quizlet**
- Quizlet is an online resource with pre-made flashcards for your textbook. Use your flashcards to quiz yourself on the go or at home.