

APSU Writing Center
A Guide to Studying

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Learning study techniques can feel overwhelming, especially when a class is challenging. The strategies below can help you build stronger study habits and improve your ability to retain information.

Use Effective Note-Taking Colors

- Many students rely on yellow highlighters, but research from the University of British Columbia suggests that **red and blue ink** help the brain retain information better.
 - Have an old red or blue pen? Try taking your class notes in these colors to boost memory.

Rewrite Your Notes

- Rewriting your notes by hand helps with focus and reinforces what you've learned.
 - **Step 1:** Rewrite your notes neatly on a separate sheet of paper.
 - **Step 2:** Rewrite them again without looking at the original notes.
- The repetition strengthens memory and encourages active recall.

Teach the Material to Someone Else

- After studying, explain the information to another person.
- Teaching the content out loud helps the information stick.
- This method works for both written and multiple-choice tests.

Reminder

- These techniques can also be applied to any subject. Happy studying!