

## **A Guide to Studying**

### **APSU Writing Center Handout**

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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 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.