5 Online Student Life Hacks for Study Skills

Motivation
When trying to get motivated, break your tasks into small steps, and pick the easiest, least challenging step to do first and build up to more difficult tasks. This allows you to build momentum and see progress toward your goal!

Taking Metacognitive Notes
Metacognitive Note Taking is a strategy that incorporates your reflections about what you've learned with the information provided by the professor. This strategy helps you to self-assess while taking notes, and build neural (brain) connections for future learning.

Make a Cheat Sheet
Making a cheat sheet helps you narrow down course information to determine what is most important. Even if your professor doesn’t allow you to use a cheat sheet on the actual exams, the act of simply making a cheat sheet will help you retain information.

Use S.M.A.R.T. Goals
Specific: What exactly do you want?
Measurable: How will you know you achieved your goal?
Achievable: Is it realistic? Can you actually achieve the goal?
Relevant: Why does it matter to you?
Time bound: When is the deadline to complete your goal?

Use the Exam Planner
Don’t just wait until the last minute to study. Research has shown that cramming doesn’t work for long-term learning. Use the Exam Planner template to plan your study sessions for an upcoming exam.