

## Studying for the Sciences

### "Prescription for Success"

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Knowing how to approach the material is the first step in succeeding in a science course at Dartmouth. The amount of material covered, and the speed, at which it is covered, may seem overwhelming; but if you follow these guidelines, your stress level will decline as your success increases. There are three elements to succeeding in a science course: Lecture, Time Management, and Test Preparation.

#### I. Lecture

- A. Attend every lecture.
  - 1. Everything you need to know will be covered in the lectures.
  - 2. Go to lectures alert and awake.
  - 3. Write down *everything* you can. Anything is fair game on the exam.
  - 4. If you miss a lecture, get notes from at least 2 people.
- B. Prepare for lectures.
  - 1. Read over the lecture outline before class. This will help you focus.
  - 2. Skim the reading that corresponds to the lecture outline.
- C. Find a "Note Buddy".
  - 1. Photocopy and swap your notes with someone after class every day.
  - 2. Meet once a week and teach each other the notes.

#### II. Time Management

- A. Start early
  - 1. Use the first 2 weeks of the term. Don't start snowballing.
  - 2. Start studying for your next exam 2 days after your first one.
- B. Set deadlines
  - 1. Make a term calendar.
  - 2. Set new deadlines. Have all your *studying* done 2 days prior to the exam. This gives you 2 days to review.
- C. Find your "Bio Hour".
  - 1. Spend an hour a day reviewing your notes; make it part of your daily routine.
    - a. Three 20 minute sessions throughout the day
    - b. 40 minutes reviewing notes, 20 minutes preparing for lectures.

#### III. Test Preparation

- A. Condense the material.
  - 1. Make flash cards over your notes.
  - 2. Write out answers to your cards.
- B. Reading should be supplementary.
  - 1. Use the reading to supplement all concepts covered in class.
  - 2. Know all the figures that relate to the lecture.
- C. Apply the material.
  - 1. As you study, think of applications of the material.
  - 2. Use old exams as guides to applying the material.