

# Effective study skills

Business



Why it is so hard to concentrate while studying, or even to study effectively?

The hardest part of studying is concentrating on the material at hand.

Memorizing everything is nearly impossible, but with a better understanding of effective memorization skills you can improve your memorization skills surely.

Did you know that the most effective method of studying is to use notes, or note-cards? Some people actually have trouble taking notes, due to improper note taking methods.

Although there are many different methods for effective study skills, there are three that have been proven to be the most effective: concentration, memorization, and note taking skills. Have you ever found yourself reading a paragraph, and when you finish you think to yourself, “ What did I just read”? Well lo and behold; it happens to the best of us. One proven method of concentration is to get yourself into a quite, but not completely silent to where you hear yourself think, environment.

Also if you will adjust yourself to where you are not slouching or hunching over, as these positions tend to make you ache or get sleepy. The next step is to read at a steady pace, not too fast to where you forget and not to slow to where you read the same thing over and over.

If you're like me then you probably forget a lot of things you read on a daily basis. I sometimes find myself wishing I was like a computer and I could just store anything and everything, except for viruses.

We, as human beings, cannot and will not ever be able to remember everything; however we can remember key items, but only with the proper techniques. The key to remembrance is to review more than once, and take breaks in between your study sessions. Also be sure to prioritize what you plan to study and how you plan to conduct your study sessions. Another proven memorization technique is to take notes, which we will discuss next.

Proper note taking is probably the hardest of the three steps, due to most people not knowing what to take note of.

Many people can take notes great, but some have trouble knowing what to write down, or if the note they just wrote is even note-worthy. Any form of note-taking that requires compilation of information by categories, rather than in narrative form is best done using index cards. Index cards are a life saver when it comes to taking notes, and the best part is you can use them for Q ; A, highlights, key points, or even paraphrasing. One of the best pieces of advice is that if the note doesn't sound note-worthy, it's probably not.

Effective study skills can mean the difference between an A and a B.

In most cases it can make a world of difference in your school of choice or even your life long career decisions. Many people today think that they had it rough when they went through school, well in my young age, we too have it rough and the only way to stay on top is through self improvement. Just remember the next time you sit down for a study session; concentration is the key, memorization will help you unlock the door, and taking notes will hopefully keep you from forgetting to lock it behind you.