**Principles for Success**

<table>
<thead>
<tr>
<th>Elaboration</th>
<th>Make relevant connections between the concepts you are studying and related concepts.</th>
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<tbody>
<tr>
<td>Distinctiveness</td>
<td>Distinguish key differences between the concepts you are studying and other course concepts.</td>
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<tr>
<td>Personal</td>
<td>Relating concepts to your personal experience helps increase meaningfulness, elaboration, and distinctiveness.</td>
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<tr>
<td>Appropriate Retrieval and Application</td>
<td>Practice recalling the information and applying it in the way your professor expects you to do so.</td>
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<td>Automaticity</td>
<td>Once you’ve developed effective study habits, they will become automatic and will be useful in multiple learning settings.</td>
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<tr>
<td>Overlearning</td>
<td>Study beyond just knowing information to where you can recall the material quickly and easily.</td>
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**Common Myths and Misconceptions**

“Learning is fast”
Make sure to plan extra time for assignments and plan to finish reading material enough in advance that you will have time to review the information.

“Knowledge is composed of isolated facts”
Avoid writing out definitions on notecards and memorizing these as isolated facts.

“Being good at a subject is a matter of inborn talent rather than hard work”
The greatest predictor of success is how many hours are devoted to any goal. The more you practice a skill, the better you will become at what you are trying to accomplish.

“I’m really good at multitasking, especially during class or studying”
Overwhelming evidence shows that we are bad at multi-tasking. If you want to be successful, eliminate distractions while studying.

**Positive steps to take when you didn’t receive the grade you wanted**

**identify** what went wrong in your preparation
- Be honest with yourself.
- Did you devote enough time to study and then review the material?
- Did you attend class and pay attention?
- Did you complete all of the assigned work?

**review** your exam to see what you missed
- Figure out what went wrong and how to improve for the next exam.
- Speak with your professor about how you prepared and what you learned from reviewing your exam.

**examine** your study strategies to ensure they are effective
- Good study strategies require effort and force you to think about the material in meaningful ways

**plan** for better preparation and study to improve your grades
- Develop a plan to improve your study preparation and improve your exam scores.
- Contact Tutoring and Learning Resources to schedule a Study Skills Assistance appointment today.

Adapted from “How to Get the Most Out of Studying.” Retrieved from [www.samford.edu/departments/academic-success-center/how-to-study](http://www.samford.edu/departments/academic-success-center/how-to-study)