



FREE STUDY SKILLS RESOURCES ONLINE



1. Free textbooks:

A. www.openstax.org

2. Free YouTube videos:

A. Crash Course by John Greene and Hank Greene

<https://www.youtube.com/channel/UCX6b17PVsYBQ0ip5gyeme-Q>

*10-15 minute illustrated videos about a variety of topics

B. Khan Academy

<https://www.youtube.com/user/khanacademy> or www.khanacademy.org

*lots of math examples solved in “real time”

3. Free online open-sourced study tools

A. www.quizlet.com

*Find textbook to see the supplemental study tools already created (flash cards, quizzes, etc.) and invite friends to help you build a study guide

QUICK TIPS: TOP SCIENTIFICALLY PROVEN STUDY TECHNIQUES



[HTTPS://YOUTUBE.BE/P60RN9JEAPG](https://youtu.be/p60rn9jeapg)



1. Study sessions are most effective in small chunks.

*Instead of cramming in multi-hour study sessions, break it down into multiple 30-45 minute sessions throughout the day and through the week.

2. Don't study late at night. Schedule “study times” during the day.

*Studying at night can affect your reasoning and memory functions, leading to a negative effect on your ability to process information. Your brain will get used to studying during scheduled day sessions and you are more likely to stay focused.

3. Stop highlighting and start using flashcards.

*Flashcards are proven excellent memory reinforcement tools. Use web tools like Quizlet to speed up the creation of your flashcard sets.

4. Have a goal for each session.

*Start a study session planning to master one concept or a set of terms. If you master small chunks at a time, eventually you will be a master of all of the content.

5. Study with the goal to teach others.

*When you study with the intention to teach someone else, your brain organizes information in a way that focuses on concepts and examples (e.g. summarization skills).

6. Take practice tests.

*These help identify gaps in your knowledge that you can focus on for a study session. Practice tests also help improve your confidence, leading to better performance.

7. Have a designated study space.

*Study in the same environment every time if you can. Study somewhere where you have all the tools at your disposal you may need (index cards, tape, pens, markers, and calculator).

8. Minimize/Remove distractions.

*Background music is proven to negatively affect performance, and your social media updates and Netflix can be distracting as well. Be self-reflective and try to minimize the distractions that affect you.



FREE TUTORING THROUGH NCCC LEARNING COMMONS



1. **Walk-in hours:** During designated times, accounting, math, science, and writing coaches are available for assistance with your quick questions. It is a first come, first served basis, so the academic coaches may be working with several students at the same time.
2. **One-on-One hours:** If you need a more focused tutoring session, tutors are available at specific times throughout the week for 30-60 minute sessions for a variety of courses. Go to the link below to see the most updated list of courses/tutors available:
<http://www.niagaracc.suny.edu/learningcommons/tutoring.php>
3. **Online Tutoring hours:** Similar to Instant Messaging or Live Chat, SUNY's STAR-NY tutors will answer your questions in real time and are available Sundays through Thursdays from 7 pm to midnight. Click on the link to learn more about this free service:
http://www.starny.org/tutoring_schedule