

Study Tips for Your UND Online Course

Study at a place that fits your style and needs. This should be somewhere with no distractions. It should also be somewhere not too comfortable so you can stay focused, not drift away.



Turn off all technology that you don't need for your course while you are studying. Don't let social media or texting distract your learning. If you have music on, keep it down low and only listen to music that doesn't distract you.



Take a break every 30-50 minutes during studying. Endless studying will not help you retain the information. Move around on these breaks so your mind and body is ready to concentrate again.



Don't just read notes—really comprehend what the words are saying. Translate the material into your own words.

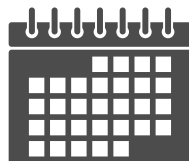
Connect what you are learning to the world. It will help you not only retain the information, but it will make more sense as to why studying the material is important.



Make studying fun!
Tryout the free student study tool Quizlet at www.quizlet.com



Start studying a few days or weeks before your exams instead of cramming it into just a few hours.



For additional advising and academic support, contact UND's Student Success Center.

Student Success Center
2nd floor Memorial Union
P: 701.777.2117



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