

Study Tips & Time Management

UCR Latino Medical Student Association Plus



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01

Set the Stage

Let's get ready to study!



Eliminate Distractions

- Silence your phone
- Avoid checking social media
- Use music and headphones to cut down noise
 - Classical
 - Instrumental
 - Lo-Fi Beats



Location Matters

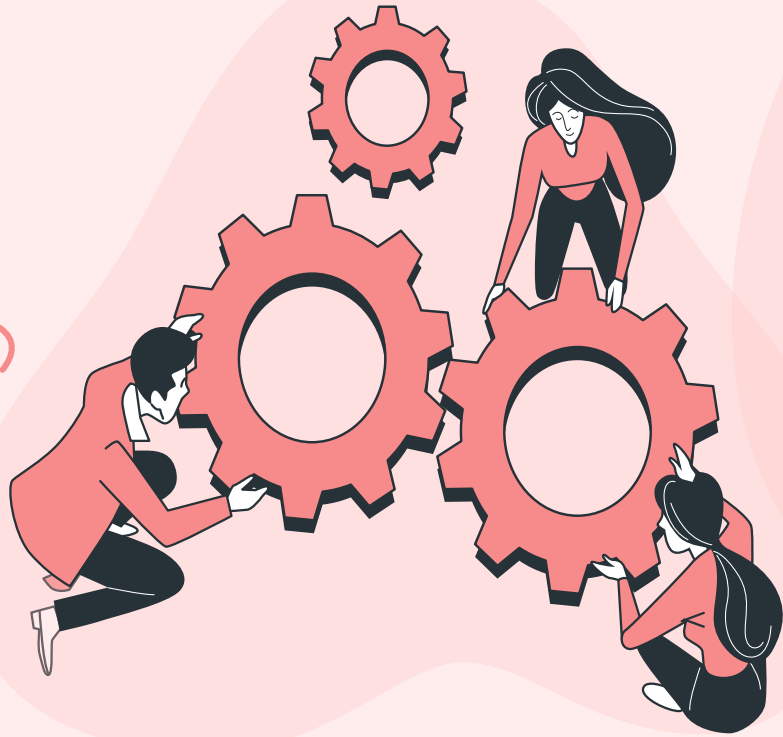
Separate comfort space from work space!

Try to find the best environment for efficient studying!



Possible Study Spots:

- Orbach Science Library
- Tomas Rivera Library
- Student Success Center (SSC)
- Local Coffee Shops



02

Study Techniques

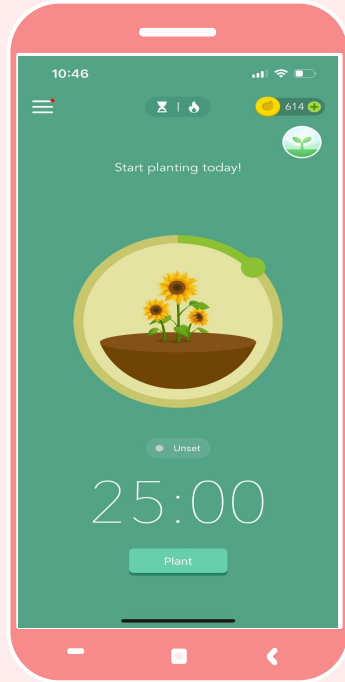
Everyone may have different preferences!

Spaced Practice

No more cramming... let's figure out a schedule!

	Day 1	Day 2	Day 3	1 Week Later	2 Weeks Later
Sample Schedule:	Learn the material in class	Revisit and review	Revisit and review	Revisit and review	Revisit and review
CHEMISTRY	✓	✓	✓	✓	✓
PHYSICS	✓	✓	✓	✓	✓
STATISTICS	✓	✓	✓	✓	✓
BIOLOGY	✓	✓	✓	✓	✓

Pomodoro Technique



Process:

1. Pick a task
2. Set a 25 minute timer
3. Work on your task until time is up
4. Take a 5 minute break
5. Repeat and every 4 rounds, take a longer 15-30 min break

Helpful Apps:

- Forest
- Flora

SQ3R Method

- Skim chapter
- Take notes on headings, subheadings, and images

Survey

- Read the full chapter and look for answers to the questions you formulated

Read

- Review and quiz yourself on the questions you created

Review

Question

- Formulate questions around the content

Recite

- Summarize what you just read in your own words
- Identify major points

Feynman Technique

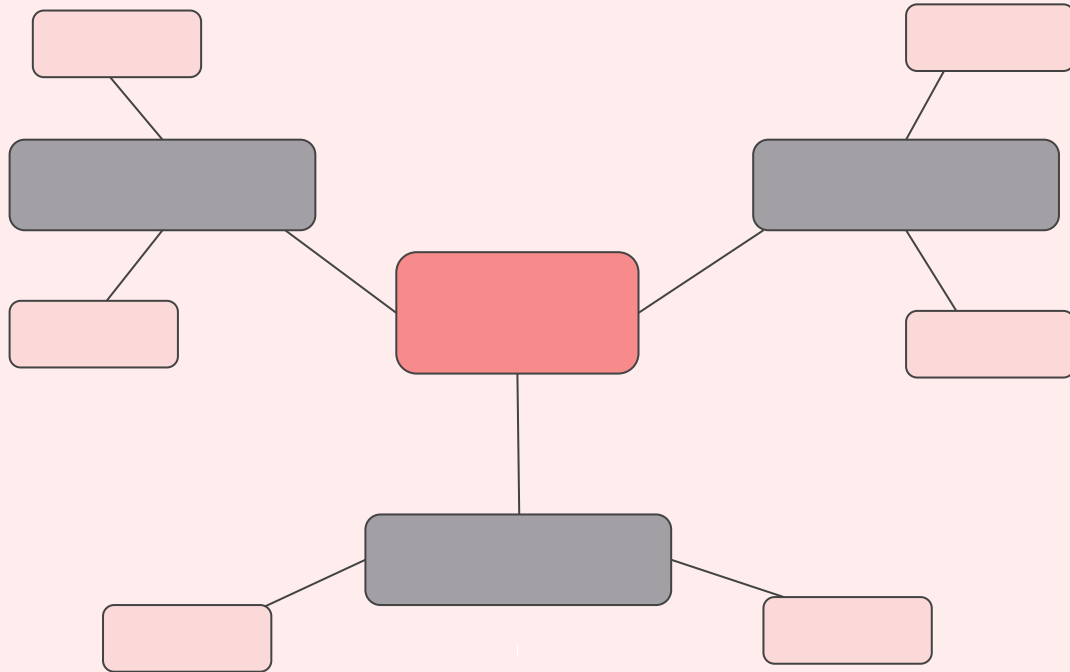
Helps learn a concept quickly by explaining in plain and simple terms.

- Write the concept down first
- Explain it in your own words as if you were teaching it to someone else
- Review what you wrote and identify any mistakes



Mind Mapping

Allows to visually organize information in a diagram.



Leitner System



This is for anyone who prefers flash cards!

Box 01 | Every day

Box 02 | Every 2 days

Box 03 | Every 4 days

Box 04 | Every 9 days

Box 05 | Every 14 days



03

Setting Priorities

What's important? What's urgent?

How to Work Effectively and Goal-Oriented

Urgent/ Important

Submit lab report worth 60% of your grade by 3:00 pm... it's 2:57pm...

Urgent/ Not Important

Catch up on laundry... about to run out of socks



Not Urgent/ Important

Plan Stress Management presentation for LMSA+ that's in 4 weeks

Not Urgent/ Not Important

Scrolling through Tik Tok for hours

04

Planning Tools

It's helpful to stay organized!



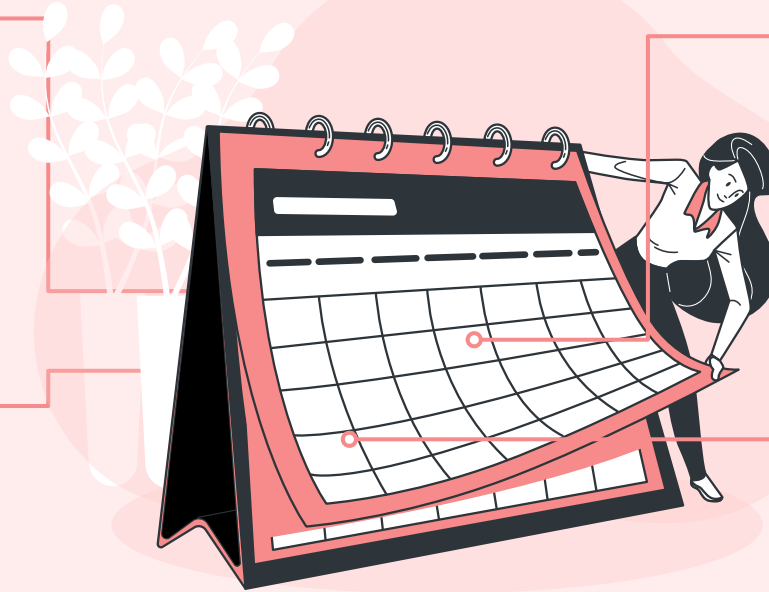
Google Calendar

Schedule of Classes

- Lecture
- Discussion
- Lab

Exam Dates

- Midterms
- Final Exams
- Essays



Extracurriculars

- Clinical Experience
- Research
- Physical/ Mental Wellness

Work Schedule

- Meetings
- Shift Times

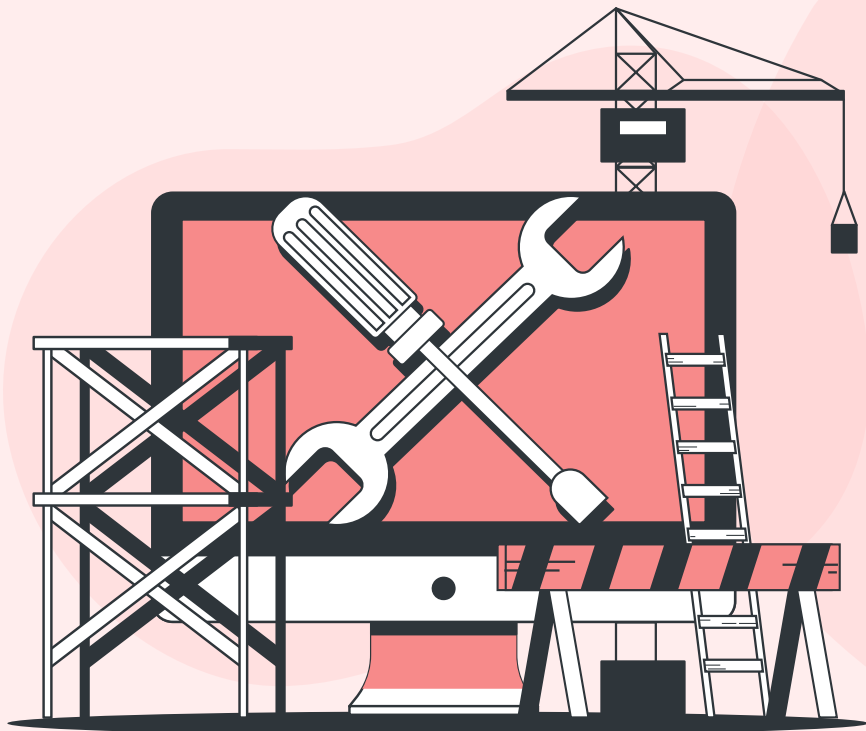
Physical/ Electronic Planners



Can really help with daily tasks!

- Try going in with a goal for the day!
- Can note specific times
 - 11:59 pm deadline
- Split tasks by class
 - Color-coding





05

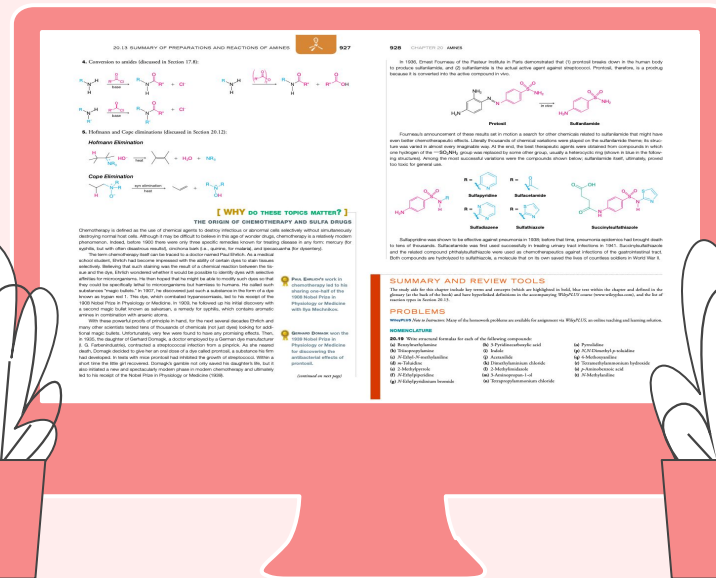
Resources

Please use them!

Textbook Hacks

Before spending \$\$\$, check out these websites first:

- Z-Library
- Library Genesis
- PDF Drive



Campus Resources

Don't be afraid to ask for help!

- Tutoring Services
 - Academic Resource Center (ARC)
 - Supplemental Instruction (SI)
- Office Hours
 - Great way to connect with peers and your professors!
- Organizations/Clubs
 - ****cough**** LMSA+ ****cough****





**Thank you for
listening!**

- UCR Latino Medical Student Association Plus