Study Smarter Not Harder

- **Pre-read!** Spend 15 minutes before each lecture looking over the slides that will be presented. Look at them as if you are looking at a People magazine: Pictures and Headlines.

- **During lecture**, challenge your brain to stay actively involved!

  Try to write a question, or example on every slide that pertains to the information.

  When you feel yourself drifting… mark the slides so you can focus more time on those when you review.

- **Spend lots of time in the zone.** Sign up for a weekly review session with AEC tutor. Utilize the whiteboard, computer, copies of notes, est...

- **Study/Learn/Review:** Spend time reading, illustrating, explaining the material to yourself, a partner, or a friend.

- **Assess**— Use a whiteboard! Draw/write on the board to assess your knowledge. Ask yourself the following questions about the topic:
  
  * What is this?*
  * How do you know this?*
  * What is the nature of this?*
  
  Make note of what areas you are weak in and focus study in those areas

- **Practice Questions:** Utilize EXAM MASTER, provided by the Academic Enrichment Center

  https://utoledo.myexammaster.com

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P1 Survival Guide

Advice from the Academic Enrichment Center and the Students that have been there!

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The University of Toledo

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Advice from Current CPPS Students

My advice would be to get organized and find a way that works best for you. I personally have a day planner that holds all of my events, meetings, work times and the most importantly I write down all of the quiz and exam days for all classes as soon as I get the syllabi. Then each day I write all of my classes and all the assignments I need to do even if it means just writing study next to the class.

I create lots of lists in my phone and in my computer. My lists consist of a school list, an extracurricular activities list and they can be anything. Just keeping on top of your hectic life will help keep you sane and thus making your performance a lot better! ~Marina

I would tell them to not procrastinate and make a schedule and try and stick to it the best you can. You actually seem to have more time to do fun things if you schedule everything.

Do not wait. Apply for a "Pharmacy Job" as soon as possible. Everything makes a lot more sense when you are actually applying what you learn in school. ~Prerak

Don't lose site of the big picture. Concepts and information from PPD, Pharmacology, and PPT will continually be expanded upon and show up throughout your time in Toledo and rotations.

Your study methods should evolve away from memorization and more towards deep understanding. I prefer to "digest" information by learning about something and reformulating it into my own flowchart, graph, notes, etc.

Redirect your competitive edge. A lot of times before entering the program, students see each other as competitors. Instead, challenge yourself to continually improve as a benchmark, and don't compare yourself to others.

Form study groups, it's really helpful for working out the homework problems and exam review. A Facebook group of the whole class would be great. We got one and always bring up our concerns on there from class, I really recommend it if no one created it yet.

Don't wait till the end of the semester to collect your old homework (including lab!) and exams from your instructor, some of the questions may appear on the midterm/final exam in similar forms.

Go to your professor's office hours they are a big help. Form Study groups early and don't wait until the last minute!

Bring your concerns to your instructor if you have any difficulties (homework problem, exam questions). When you feel uncomfortable about something, bring it up, you could be the one that helps the whole class.

Making stories and catch phrases to help retain large amounts of information was extremely beneficial to me. I called them “brain tags”, which are mainly just either a pneumonic or short story containing the information that I needed for that section.

Find a pharmacy organization you are interested in and join. There you will meet new friends, meet new people, gain experiences in the pharmacy world and create very necessary connections for the future.

Remember to take a breather once in a while and have some fun! Pharmacy will be overwhelming and stressful but remember again to breathe and take full advantage of everything that is offered to you. Such as:

~Free Membership at the Morse Center
~Drop In tutoring at lunch everyday
~AEC tutor Exam review sessions