

## STUDY HINTS FOR COGS 107A

Research has shown that you remember things better if you review them often. Thus, it's far better to study the course materials EVERY day for a shorter period than it is to save it up and (try to) do it all at once.

Remember: a rule of thumb for college-level classes is that every week you should study an average of at least 2 1/2 hours per credit if you want to get a B in a class. Since Cogs 107A is a 4 credit class, you should study effectively at least 10-12 hours per week in addition to attending lectures and section (if you have not had Cogs 17 or a similar class, you may need to do a little more). If you want an A, plan on studying a little more. Remember: studying means **concentrating without interruptions** (except for short study breaks every 30-45 minutes). If you have the TV or music on, or if your phone is ringing frequently (turn it off), it's going to prevent you from studying as effectively.

### LECTURES:

1. Before the lecture, print out and quickly read through the lecture notes (at the class website) for that lecture. This will help you know what to expect in lecture and since you'll be a little more familiar with the lecture material, taking notes will be easier.
2. Take good notes during lecture; bring a tape recorder if necessary.
3. Within a few days after the lecture, go back and reread your notes carefully. Some people find it helpful to re-write/reorganize their notes, so they're easier to study from. If you do it as soon as possible, it will be easier to fill in the gaps if you didn't get everything down. This will help you review the material, as well as help you figure out how good a job taking notes you're doing. If you find that your notes don't make much sense, work on improving your note-taking skills. If you always do this, studying for the midterms and finals will be much easier.
4. Don't leave all your studying until just before the exams. You won't absorb as much material. The week before the midterms/final, you should merely be re-reading your notes to re-familiarize yourself with the material.

### READING THE TEXT (FUNDAMENTAL NEUROSCIENCE):

Reading college level material so that you really absorb it is a skill which is developed through practice. At first, it may be slow-going, but with practice, it gets easier.

As was announced at the first lecture, each chapter of the text has multiple subsections; each subsection has an introductory paragraph and a summary paragraph; there's also a summary section for each chapter – these summarize the main points of the section. Those main points are what you should focus on for the quizzes (and midterms/final). Please try to have these read for the chapters assigned each week before your section meets.

Reading (quickly) the rest of the chapter will help you understand those main ideas better but we don't want you to get bogged down in all the details.

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If you come to lecture and section having reviewed the lecture notes, you will get much more out of those classes. Whatever you do, **DO NOT SKIP LECTURE OR SECTION!!!!** You will just get further behind. (It takes far longer to learn the material on your own than it does to learn the same amount from a lecture or section in which you're seeing and hearing, as well as taking notes on the material).

If you have followed the above suggestions, you'll find that studying for the midterms and final will be much easier.

**EXAMS: Midterms and final.** The class website has a section which includes study guides for the midterms and the final; use these to help organize your study of the materials covered in the lecture and textbook. The website also includes copies of midterms and finals from past years.

### Before the exams:

1. About a week before each exam, start reviewing the materials which will be on the exam. For each exam, you'll only have 3 weeks of material, so every day you can review about a half a week's worth of material. About 2 days before the exam, go back and review anything you need to. For the final, since you may have several finals in just a few days, you may have to start a little earlier.

Most important: get a good night's sleep the night before each exam. Scientific studies have shown that your cognitive ability is reduced if you're sleep deprived -- this includes performance on exams!

If you think you need to improve your note-taking or study skills, contact the OASIS program at 858-534-3760. They have programs to assist students acquire skills necessary to succeed in college, including workshops and peer tutoring to help you improve your study management skills, writing skills, and math and science skills. Their website is <http://oasis.ucsd.edu/>; they're located on the third floor of Center Hall. You can also talk to your TA.