



Studying for the Sciences *by Alessandra Gabriel,* *4th year Biomedical Sciences*

It can be overwhelming to study for science course since they can be very content heavy. This document can be used to enhance your understanding of science content and help you improve your study skills.

Start Early

The sooner you start studying the better. Cramming the night before takes away precious sleep that your brain needs to succeed. Increasing the initial start period makes studying less stressful and gives you time to question what you're learning. For tips on how to create study plans, look at our 5-Day Study Plan sheet!

Flash Cards

These are great for when you need to memorize information such as terms and formulas, BUT these are not good for understanding the whole picture of the course.

Study Sheets

Try to condense your subject units onto one sheet of paper, either one side or both. This helps you to visualize the unit, and the most important facts, formulas and skills. Constricting yourself to one-page forces you to decide what is important and to avoid airplane mode when reading and writing. If you can condense your content on to one sheet (i.e., a formula sheet), write it down as soon as you start the test, before you start. This will build confidence when you have your test and save time in the long run since you won't be trying to remember all the formulas.

Practice Makes Perfect

A lot of math- and science-based courses ask you to solve problems off a set list of steps. Practicing questions will help you understand the process and be able to replicate it on test-day. If you have trouble understanding a process, breaking it down into steps will help you to apply these steps to similar questions rather than just memorizing how to accomplish one question.



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