



DALHOUSIE
UNIVERSITY

SCHOOL OF
HEALTH SCIENCES



SHS Study Tips for your Toolbox

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1. Developing New Study Habits:

Recommended Reading - [Atomic Habits](#) by James Clear

"Habits matter because they help you become the person you wish to be."

Exercise:

Make it obvious

Make it Attractive

Make it Easy

Make it satisfying-reward yourself

2. Time Management

a) Practice breaking down long term assignments into smaller pieces. Cramming for exams and assignments is no longer possible in university.

b) The [Pomodoro Technique](#) is a time management method in which you do focused work during 25-minute intervals – known as pomodoros – and take a five-minute break.

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c) Create a schedule for yourself. ex. [SCHOOLTRAQ](#)
When you keep track of assignments, tests, and events, planning time to study becomes a lot easier. Schooltraq is an online digital planner that keeps due dates in check.

3. Create a unique study environment which works best for you.

4. Practice Memorization:

a) **Anki Cards:** [a free and open-source flashcard](#) program. It uses techniques from cognitive science such as active recall testing and spaced repetition to aid the user in memorization.

5. Visual Learning:

a) Doodling, drawing when studying anatomy.

b) [GoConqr](#): What makes this site unique are the mind maps, a web of information that breaks down broad subjects into smaller topics. When you create a map, it allows you to see how things are connected. This helps with both memorization and understanding.

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6. Step Away From Social Media:

Something for fun - [Forest app](#), you'll be rewarded with your very own virtual tree if your phone is left untouched for a certain period. If you leave the app for any reason, your tree will be killed and you'll have to start all over again. It gives a pretty good measure of your own level of focus.

7. Tips for Multiple Choice Question Exams:

a) Dalhousie University Bissett Student Success Centre offers a workshop on this! Here is a [tip sheet](#) they have developed.

b) Additional Resources:

- [Student Success from McMaster](#)
- [Western University](#)
- [University of Guelph](#)

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8. Tutoring:

Exclusive to SHS first and second year students, tutoring will be offered for free, for those taking physics and statistics this year.

Statistics - Tutor: Sabina Jozsa, occurring every second week for 1 hour. Sign up by contacting Renee.Hillier@dal.ca

Physics - Tutor: Alastair MacPhil & Jenna Blackadar, occurring every week for 1.5 hours. Sign up by contacting Renee.Hillier@dal.ca

First year students can also access free tutoring for discipline specific courses.

Sign up for 1st year DMUT - Tutor: Sabina Jozsa, occurring every week for 1 hour. Sign up by contacting Renee.Hillier@dal.ca

Sign up for 1st year RADT - Tutor: Minji Kim, occurring every week for 1 hour. Sign up by contacting Renee.Hillier@dal.ca

Sign up for 1st year RESP - Tutor: Jill Fennell, occurring every week for 1 hour. Sign up by contacting Renee.Hillier@dal.ca

Sign up for 1st year NUMT - Tutor: Riley Gates, occurring every week for 1 hour. Sign up by contacting Renee.Hillier@dal.ca