

How To Study!

By Audrey Denton

If you are not sure how to study, I have found a few ideas for you:

- Time management is the biggest key to creating good study habits and reaching your goals.
- Reviewing your notes each day helps you to retain information. Your retention rate could be 60% higher when you review your notes or text within 24 hours of hearing the information in class.
- There is more than one way to study, if your technique isn't working try something new.
- It is recommended that you study for 30-50 minutes and then take a short 10 minute break before re-

suming.

- Do you have trouble memorizing boring information? Try using that information to create a poem, rhyme, song or picture. When the boring information is stored in this fashion it becomes more memorable to you and therefore easier to recall later.
- Only 2% of people can do well with only 5-6 hours of sleep a night. And 2% of people need more than 9 hours of sleep to do well. Be sure you know what category you fit in. Are you like the 96% of people who need 6-8 hours of sleep or are you in that 4% of very special people?
- Many students listen to music while

studying, but does your learning style coincide with this study technique? It doesn't work for everyone. A 2010 study showed that participants who listened to music while studying had the poorest recall abilities.

This information was found at the following website: <http://www.rasmussen.edu/student-life/blogs/college-life/how-to-study/>

Be sure to "Like" us on Facebook (Highland SSS) and follow us on Twitter (HighlandCC_SSS) for updates and birthday announcements!

Bethany Smith, Administrative Assistant

I'm so excited to be working with the SSS program here at HCC. While at the University of Nebraska, Lincoln, I discovered a unique energy present arising from the excitement, new possibilities, and fresh minds of the students on campus. Highland also reminds me of my childhood as I grew in the small Kansas town of Douglass.

I started my college education in high school with dual credit classes from Butler County Community College. It was so exciting to have a jump start on college classes! When I graduated high school I went to my parents' alma mater, Kansas State University. (Go Wildcats!) However, I soon became restless and wanted to forge my own way in life. I transferred to UNL (much to my dad's

horror...) where I graduated with a Bachelor of Arts in Theatre with an emphasis



in Directing and Management. While at UNL I was able to spend a semester studying abroad in London. The experience changed my life and how I view the world and I love to talk about it!

playing with my cats. I like to read all types of fiction and plays; some of my favorites include the Harry Potter series, The Girl with the Dragon Tattoo, Shakespeare, and Tom Stoppard. I've traveled through 48 of the 50 states and through 13 countries in Europe. I enjoy challenging myself to try new foods, to immerse myself in new cultures, and to simply experience places I've never been. Sometimes the best way to find yourself is to get lost. My cats, Ness and Sega, are the most adorable cats in the world and I have pictures to prove it (but I might be a bit biased)!

Come by and say Hi! I can't wait to get to know you all!

Staff Contact Information

- Andrea Keller, Director of Student Support Services: 785-442-6147, akeller@highlandcc.edu
- Audrey Denton, Retention Coordinator: 785-442-6017, acaudle@highlandcc.edu
- Kimberly Bechtold, Transfer Advisor: 785-442-6052, kbechtold@highlandcc.edu
- Randa Arnett, English Specialist: 785-442-6151, rarnett@highlandcc.edu
- Michelle Hurn, Math Specialist: 785-442-6075, mhurn@highlandcc.edu
- Shelley Smith, Math Specialist: 785-442-6063, ssmith@highlandcc.edu
- Bethany Smith, Administrative Assistant: 785-442-6058, bsmith@highlandcc.edu