The Logistics of Studying on and off the CUA campus

Your classrooms

Memory research claims that you can boost your retention and retrieval of class information (i.e. the “in” and “out” of memorizing) if you store it (taking lecture notes, hearing class discussion) as much as possible in the same context (that classroom) as you will be producing it (i.e. take a test, present material, participate in a class discussion).

So, check out whether any of your individual classrooms are

☑ Empty and available before or after your class
☑ Safe, well-lighted and convenient

Then, consider using the actual classroom to prepare before - and consolidate after - a lecture and especially to study for an upcoming test.

Your residence hall

- Consider the floor study room first
- Decide on your preferences for lighting, sound and/or music, even room temperature
- Negotiate with your roommate about each of your study needs and preferences
- Compromise with your roommate to satisfy each of you, maximize each of your performances and support each other as much as possible
- Hang a Do Not Disturb sign on your room
- Turn off your room phone, cell phone and email alert for the duration of your set study time
- Better to sleep in your bed and study at your desk and NEVER confuse the two

Around campus and D.C.

- Mullen library
- Law School library
- Rome Music School
- Hannan Physics library
- Gowan Nursing library
- Pangborn Engineering library
- Pryzbyla Student Center
  - Study rooms on 1st and 2nd floors
  - Food Court at night
  - Atrium
- Outside - gardens and courtyards around campus, benches by basilica
- Coffeehouses – some suggestions:
  - Starbucks in the Pryz and in Chinatown (red line Metro)
  - Caribou Coffee near Farragut North red line Metro (Wi-fi)
  - Ebenezers at 201 F Street, NE: http://ebenezerscoffeehouse.com/ (Wi-fi)

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