

Study Tips

Hopefully this can be useful!

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The main idea of this document is to help you find the best way to learn. Different people learn in different ways, so hopefully a few of these can be useful. You are not here to have high grades, you are here to learn. High grades are only consequences of learning! The first step is knowing that you do not know everything and you have a lot to learn. It is important to know that these tips are focused on the Physics/Astronomy courses.

Read, read and read!

Get as many books as you can to study the subject you want to learn. Different books will have different ways of explaining the same thing. Take a few hours to read different materials. Highlighting the most important parts can be useful.

Practice solving problems

Get a few problems to solve and practice math, this is really important. The professor will probably suggest you a few problems to solve.

Take notes of questions

While reading books and solving problems, you probably will not understand everything. So take notes of the questions you have and things you do not understand. If you read 5 chapters in 5 different books and do not have questions, there is probably something wrong.

Study in groups

Solving questions together and discussing the material with colleagues can be extremely useful! Nobody knows everything, and different people have different knowledge. You can learn a lot from your colleagues and also teach what you already know! Do not skip this, it is

really important to learn. Discuss the questions you do not know how to answer with your colleagues.

Contact the professor (or possibly a postdoc)

If you have questions and your colleagues do not know how to answer, go to the professor (or a postdoc) and ask them about it. You want to finish your week with a deep understanding of the topic.

Do not skip classes

Try to go to classes. The professor is there for a reason, they have more knowledge than you about that subject. If you have questions during the class, RAISE YOUR HAND AND ASK. I know some of you are shy, but it does not make sense to keep watching the class without understanding what is going on. If you really struggle with this, you can also ask the professor by the end of the class.

Make a summary

Get a piece of paper and do a summary of what you learned by the end of the week.

Consistency is key

Do not study only a day before an exam. To deeply understand and learn you have to do it every week day. Study a few hours every week day.

Be careful with burnout

You also need some time to rest, workout, go out with friends, etc. Your mental health is the most important. To be more productive, you need to have balance in life.

If something is wrong, ask for help

If something is bothering you and you need any type of help, do not hesitate to ask for help.

If you do all these steps, you are probably going to learn a lot and have good grades as well!