

# LEARNING & STUDY STRATEGIES

## Pre-Reading

- Should take no more than 15 minutes per lecture.
- Reviewing the main headings and objectives.
- Creates a blueprint in your mind, which allows you to engage more with the material during lecture.
- You are NOT teaching yourself the material – only gaining a familiarity with it.

## Lecture

- Attend lecture and find ways to engage with material.
- Give yourself a task for each slide (ex: rate your understanding of each slide, put a checkmark next to concepts you understand and a question mark next to concepts that you need to clarify).
- Put a blank piece of paper between each page of your note packet and write your own notes on that.
- Write down things the professor emphasizes that are not in the note packets and/or slides.
- Sit in the front row and away from people who may distract you.

## Short Review

- 20-30-minute review within 24 hours of the lecture.
- Assess yourself – what did you get out of lecture? What do you know? What do you need to focus on?
- Review main ideas.
- Rate your understanding of each chunk of material so you know where to focus your study time.

## Study Strategies

- Assess yourself often - incorporate a 30-minute assessment at the end of every study session.
  - How do you prove to yourself that you know something?
  - Assessment will help structure future study sessions.
- Change note packet heading into questions (who, where, what, when, why, how) and answer.
- Verbalize your learning – to yourself or to someone else.
- Condense and summarize information into your own words.
- Put information into structures that make sense to you (chart, diagram, outline, etc.).
- Concept mapping to help make connections between concepts.
- Make meaningful connections.
- Form a study group.
- Incorporate multiple modalities into your study routine for better retention (visual, auditory, kinesthetic, etc.).

## Reminders

- The time spent studying does NOT reflect your understanding of the material – how you engage with the material does!
- Try chunking your study time into 2-3 hour blocks of time and take short breaks between blocks.
- Change the material you are studying after each break – switching subjects can help our brain re-focus.
- Think about where you study – be sure to minimize distractions.
- Think about when you study – you should be studying your hardest material during the time you are most alert.