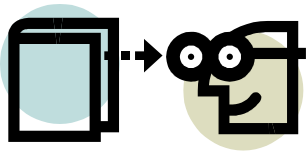


Studying



Effective and worthwhile studying takes lots of time – start early!

What is studying?

Studying is an **active** process of learning, understanding, identifying, memorizing and applying information, all while transferring this information into long-term memory.

Studying is NOT re-reading notes and textbooks a couple of times. This is a **passive** process.

Making studying easier.....

There are things you can do throughout the semester that will make studying easier on you.

#1 GO TO EVERY LECTURE: Try not to miss class. Take notes in class (or get a note taker, if required). Pay attention in class!

#2 READ REQUIRED READINGS: Stay on top of the reading. Strive to have the assigned reading done before that lecture. Highlight or write main ideas (you never want to read anything twice, if it can be avoided).

#3 REVIEW CONSTANTLY: Try to spend some time reviewing notes and textbook main ideas once a week throughout the semester. This way you are not trying to re-learn everything for a test or exam.

➤ ***Putting in a bit of extra work throughout the semester can save you a lot of work and time later!***

Active Studying

Time and Organization

Active studying requires lots of time. Start early and create a study schedule. Work in smaller sections with breaks, instead of trying to do it all in one marathon session. This will help keep your brain more alert and focused.

Identify What is Important

You cannot study everything. Determine what areas you think will be on the test/exam based on prof's remarks, lectures, key ideas in textbook.

Create Study Notes

Study notes should be based on lecture notes and textbook reading, but should not be repetitive. Put the notes in your own words and aim for condensing as much as possible. If you are only going to directly copy, there is not much point in making study notes!

Understanding

One key to remembering something is to understand it. Memorizing is important for some things, but it is usually better to strive to understand the material. Try to put it in your own words, teach it to someone else, and/or relate it to something from your own experiences.

Learning

The more active learning is, the more likely you are to remember something. Read the information out loud, create memory cues (mnemonics), link ideas together, use flashcards, look for the big ideas and fill in the details after, recite in your own words, rewrite ideas....You have to DO something with the information. Don't just re-read things!

Practice Tests

Many textbooks provide a website that may offer practice tests and study guides or create your own practice tests, based on your study notes. Do these at least 24 hours before the test, *after* you have already studied, to give you an idea of how prepared you are. Then focus on the information you still do not know as well as you would like.

