

5 TYPES OF STUDYING

1

GATHER INFORMATION

- organize your course notes and compare them to your syllabus
- condense and record information using flashcards or the Cornell Notes method

LEARN THE MATERIAL

2

- move what you've learned from your short-term to long-term memory
- structure information around key themes and use concrete examples
- practice elaboration

3

CHECK FOR UNDERSTANDING

- test yourself to find out which areas you are confident in and which topics or themes you need to spend a little more time studying

REFRESH

4

- review regularly and give yourself enough time to digest information
- begin to prepare for an exam or assignment 2 weeks before the deadline

5

IMPROVE LEARNING SKILLS

- use each quiz or test as feedback to learn which study strategies work best for you and how much time you need as a learner to prepare
- attend a Learning Skills workshop!