How to Study Effectively

Academic Achievement Programs
Tutoring and SI Program
How do You Study?

Most students rely on strategies used in high school.

The key to being successful is to learn how to engage yourself and be active in your learning process.
Engagement with Learning

Engagement means active involvement in every aspect of college life—approaching every challenge with determination.
Benefits of Engagement

- Work with others
- Improve your critical thinking, listening, writing, and speaking skills.
- Function independently and teach yourself—interacting with the material.
- Manage your time.
- Gain sensitivity to cultural differences.
Breaking Old or Ineffective Study Habits

- Habits, good or bad, make you who you are. The key is controlling them. If you know how to change your habits, then even a small effort can create big changes.
Breaking Old or Ineffective Study Habits

• You focus on one change for thirty days. After that time it has been sufficiently conditioned to become a habit.

• It helps to sculpt the automatic programs that run in the background of your mind.
Breaking Old or Ineffective Study Habits

• **Use a Trigger**
  – A trigger is a short ritual you perform before a habit and helps condition a new pattern more consistently.
  – Example: If you wanted to wake up earlier this might mean jumping out of bed as soon as you hear the sound of your alarm. If you wanted to stop smoking this could be snapping your fingers every time you feel the urge for a cigarette.
Breaking Old or Ineffective Study Habits

• Replace Lost Needs
  – If you opened up your computer and started removing hardware, what would happen. Chances are your computer wouldn’t work. Similarly, you can’t just pull out habits without replacing the needs they fulfill. Giving up television might mean you need to find a new way to relax, socialize or get information.
Breaking Old or Ineffective Study Habits

- **One Habit at a Time**
  - A month may seem like a long time to focus on only one change, but trying to change more than a few habits at a time can be overwhelming.
  - With just one habit change you can focus on making it really stick. Multitasking between three or four often means none become habits.
Breaking Old or Ineffective Study Habits

- **Consistency is Key**
  - The point of a habit is that it doesn’t require thought.
  - Make sure your habit is as consistent as possible and is repeated every day for thirty days. This will ensure a new habit is drilled in, instead of multiple habits loosely conditioned.
Plan your Attack

For every one hour of class, you should dedicate at least 2 hours outside of class on:

- Your reading assignment
- Completing homework and other assignments
- Reviewing lecture notes and major themes presented within the course of the week.
- Do the work for the course of concern every day and before dinner.
Where to Study

Best Available Space
The Right Conditions
When to Study

When to Review
Listen to your Body
What to Study

Using Daily and Weekly Calendars

The New Bloom’s Taxonomy

– Remember
– Understand
– Apply
– Analyze
– Evaluate
– Create
Techniques for Studying

SQ3R Study System

- Survey
- Question
- Read
- Recite
- Review
Techniques for Studying

Humanities

– Built around frameworks or concepts/theories to help you develop a new perspective of the human condition.

– Strategies to use for studying:
  • Keep a dictionary
  • Compare ideas
  • Practice making conclusions
  • Read to make connections
Techniques for Studying

Natural Science and Math

– Loaded with theorems, laws, formulas you need to comprehend.

– Strategies to use for Studying
  • Practice every day
  • Collaborate with others
  • Generate applied examples
  • Be persistent and check work
  • If confused, find another class and sit in
Techniques for Studying

Social Science

– Produce laws and theories to explain behavior of individuals and groups—concepts serve as a short hand for complex patterns of behavior.

– Strategies to use for Studying:
  • Use your own experiences
  • Stay open to alternative explanations
Techniques for Studying

Foreign Languages

– Loaded with rules (grammar, verb tense, norms and practices of culture.

– Strategies to use for Studying:
  • Use color coded material
  • Talk aloud
  • Do not get behind
  • Immerse yourself
  • Find a pen pal
Organizing Information for Study

- The One-Minute Paper
- Note Cards
- Visual Maps
- Outlines
- Comparison Charts
- Time Lines
- Process Diagrams
Effective Study Habits

- Sit as close to the front as you can to reduce distractions.
- Never hesitate to raise your hand if you do not understand something.
- Start working on an assignment or project as soon as it is announced.
- Do not wait until the last minute to study for an exam.
- Get enough rest! If you do not get enough sleep, you are less able to concentrate.
- Reward yourself after you complete a task—make sure it is immediate and personally meaningful to you.
Effective Behaviors to Apply when Working with Students

• Effort
  – Focus on effort, not results

• Strengths
  – Build on strengths, skills and assets
  – Help student to use in constructive ways

• Encourages
  – Motivate
  – Be positive and give positive feedback
Effective Behaviors to Apply when Working with Students

- **Responsibility**
  - Allow student to accept responsibility and make commitments

- **Succeed**
  - Have faith in students’ ability

- **Communication Skills**
  - Active listening
  - Paraphrasing
Questions???
Resources

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