



Know yourself: study when and where you are most alert.

Plan your time with a schedule and calendar.

Preview

Identify relevant text or notes.

Scan chapter headings, bold text, diagrams, and chapter intro/summary.

Formulate questions you want to answer.

Test

Arrive early with all necessary materials.

Use appropriate test-taking strategies; multiple choice questions, fill-in answers and generate your own response. Analyze returned tests.

The Study Cycle

Study smart, not hard

Distribute Practice

Spend 2-3 hours studying outside of class for every hour in class—but spread your studying out over time with shorter, more frequent sessions. Try to avoid study marathons!

Balance Input/output

How are you taking in information (by listening to lecture, reading)? Balance these activities with opportunities to produce the content you're learning (by writing, speaking, drawing). This will give you practice for the actual test.

Attend Class & Read

Listen or read actively; find answers to your questions. Consider a note-taking system, e.g. Cornell System. Synthesize lecture and reading material.

Self-Test

Create possible test questions, keeping in mind different levels of learning. For example, do practice problems, put ideas into your own words, apply your knowledge to real-world situations.

Trade and discuss your questions with a partner and/or a group.

Create

Organize your information into different formats: outlines, charts, diagrams, flashcards, timelines, flowcharts.
Use structures that show relationships within/between material: similarities, differences, comparisons, hierarchies, chronologies.

Review

Fill in gaps and correct misunderstandings; resources include your TA, professor, other students, text.

Put main ideas of lectures and readings into your own words.