

# How to Study: Objectives

This module will help you to:

- ◆ Manage your study time
- ◆ Reflect on your upcoming exam
- ◆ Apply techniques to guide you as you prepare for your exam

# Managing Your Study Time

# Managing Study Time # 1

## Distribute Your Study Over Time

Doing this will help you to better remember the material, and to remember it longer

*Space out your study sessions over time.*

For Example:

- ◆ Today is Monday the 11<sup>th</sup>
- ◆ You have an exam next Monday, the 18<sup>th</sup>
- ◆ Begin your study today, on the 11<sup>th</sup> by studying all exam material throughout the week prior to your exam

October 2010						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

# Managing Study Time # 2

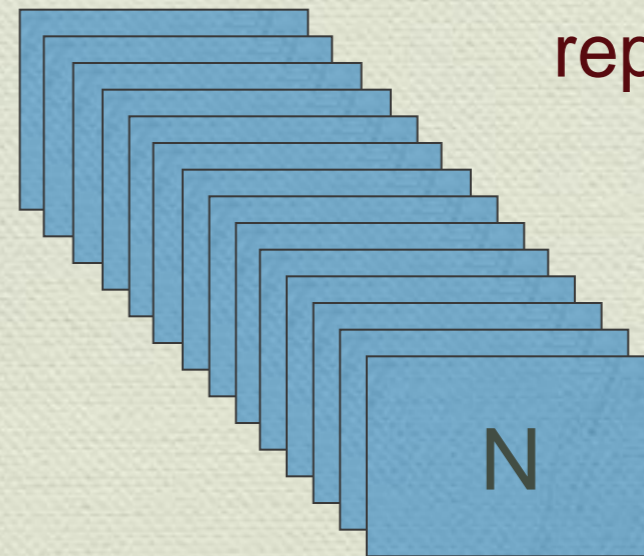
## Study the Same Material Repeatedly

Repeated exposure *to the same information* within a single study session helps you to learn and remember course material

Test yourself on *all* of the cards repeatedly

### *Using Flashcards*

- ◆ Write out questions/terms/problems on one side of a card
- ◆ Write the answers on the reverse side
- ◆ Move through the entire stack of cards. Read through each question, try to provide the answer, and then check the answer on the other side
- ◆ Keep all cards in the stack for repeated testing (don't make smaller piles)



Reflect on Your  
Upcoming Exam

# You Have an Upcoming Exam

How should you prepare?

*Practice Active Studying*

*(think about your learning as you learn)*

# Practice Active Studying

## # 1

As you study, think about your understanding of the to-be-learned material

- ◆ How well do you think you have currently mastered the material?
  - Test yourself on the material you are studying. For example, without looking at the course materials, you might:
    - Use flashcards
    - Answer practice teacher- or text-provided questions/problems
  - Check your answers. How well did you do?

# Practice Active Studying

## # 1

As you study, think about your understanding of the to-be-learned material

- ◆ While studying, if you discover that you have misunderstood or cannot explain something, are you able to correct your misunderstanding?
- Persist with your studying until you have mastered the material

# Practice Active Studying

## # 1

As you study, think about your understanding of the to-be-learned material

- ◆ As you prepare for your exam, make a prediction on how you will do on your exam.
- Once you've gotten your exam results, compare your actual performance with your predicted performance.
  - How well did you predict your actual score on your exam?
  - Can you identify those items you thought you knew, but got wrong?

# Practice Active Studying

## # 2

### Challenge Yourself

- ◆ Generate questions as you read, and as you work through your course materials
  - Use these questions to help you to identify important elements of the materials
  - Find the answers to the questions yourself
  - Expect some difficulty as you work through the process of understanding new material

# Practice Active Studying

## # 2

### Challenge Yourself

- ◆ Generate activities involving the material you are learning.

For example:

- Develop a list of key words or short phrases that describe the essence of your materials to be remembered
- Summarize the material in your own words
- Explain the material to another person

Techniques to Guide You  
As You Prepare  
For Your Exam

# Exam Prep Guide

## Type of Exam Questions

Knowing the types of questions that will appear on your exam will help you to plan your study activity

- ◆ Ask your teacher what kinds of questions will appear on your exam because:
  - Some exam questions focus on ***specific/particular details*** of your material for example:
    - Knowing names, dates, definitions, terms, etc.
  - Other exam questions focus on understanding the material on a ***conceptual*** level
    - Short answer, essay, or some multiple choice questions that are conceptual in nature

# Prep Strategy # 1

## Generate Keywords

When you need to recall *specific, detailed information*

For example: names, dates, amounts, etc.

As you read each segment of your course material (for example, one chapter within a unit of chapters to be covered in your exam):

- 1) Subdivide the segmented material into portions (for example, subdivide the chapter into major headings within that chapter)
- 2) Develop a list of keywords (or short phrases) that describes the main idea of each portion of the subdivision
  - a. For example, when studying material on the action potential of a neuron, possible keywords might include: impulse, charge, channel, etc.
- 3) Repeat this procedure for each portion of material to be studied

# Prep Strategy # 1

## Generate Keywords

Now, Test yourself!

1. Assemble your grouped keywords
2. Put aside all course materials for the keyword activity
3. Use your keywords to help you to identify and describe your detailed material
4. Return to your course material to check on the accuracy of your responses and (if necessary) correct your responses

# Prep Strategy # 2

## Organization

When you need to be able to relate various pieces of information that will be covered on the exam

Think carefully about the organizational structure of the material to be learned:

- 1) Prior to reading course materials, review any provided chapter **outlines** or PowerPoint headings, etc.
  - a. Identify topic headings; pay attention to information contained within their subdivisions. Doing so will prepare you for the structure and range of the material you will study
- 2) Identify and review tables or graphs designed to organize or summarize information

# Prep Strategy # 2

## Organization

Now, Test yourself!

1. On a worksheet, prepare empty outlines, tables, and hierarchical graphs that match those in your course materials
  - A. Repeat this process, for each segment and suitable portion of your course materials
2. Assemble your empty outlines, tables, and hierarchical graphs
3. Put aside all course materials for the fill-in activity
4. Fill in all empty spaces in your empty documents
5. Return to your course material to evaluate and (if necessary) correct your responses

# Prep Strategy # 3

## Summarize

When you need to recall ***contextual/relational*** information

For example: causal links, hierarchical structure,  
relation among ideas, etc.

- 1) After you have studied each portion of your course material, set the material aside
- 2) Summarize, in your own words, information you have learned from your study.
  - a. Explore major themes
  - b. Identify and define important terms
  - c. Describe causal links, illustrate hierarchical structure, and integrate the relations among the ideas of the material you summarize
- 3) Return to your course material to evaluate and (if necessary) correct your response

# Prep Strategy # 4

## Test Yourself

### Benefits

- ◆ Promotes multiple exposures to study material
  - First study
    - Study activities
    - Self-testing
    - Evaluating responses
    - Review materials
  - Restudy as appropriate
- ◆ Provides feedback (self or teacher-provided)
  - Aids in redirecting study to focus on learning needs
- ◆ Improves your prediction of your exam performance
- ◆ Helps improve learning, and thus exam performance

# Prep Strategy # 4 Test Yourself

## Methods

- ◆ Flashcards
  - Provides opportunities for multiple exposures to the material
  - Provides opportunity for feedback on the accuracy of your responses
- ◆ Questions/problems provided in text, text website, or text study guide
  - Provides opportunities for multiple exposures to your material
  - Provides opportunity for feedback
- ◆ Teacher-provided homework questions or problems
  - Aids in redirecting study to focus on learning needs
- ◆ Ask a friend to ask you questions