

THINGS TO DO IN A STUDY SESSION

Preparing Your Study Session:

- Preview the text's structure for organization, section headings, and key words.
- Reorganize your class notes in a way that is meaningful to you.
- Create charts, graphs, and webs to organize material.
- Make an outline for your notes based on the structure of the text (or your professor's lecture/slides).
- Identify relationships (similarities, differences, etc.) between ideas.
- Divide material from reading or lecture into smaller, meaningful parts.
- Classify or categorize material by theme, or by source such as textbook or lecture.

While You Study:

- Repeat what you have learned, aloud or in writing.
- Work problems without looking at the solution.
- Connect your prior knowledge and new material to be learned.
- Think like a professor. Write out what questions you would ask to test someone about the material.
 - Use your resources: the internet, Academic Coaching, your professor, etc.
- Create your own flashcards using Quizlet or StudyStack.
- Watch video resources such as Khan Academy to learn more about the topic.
- Use verbal or mental analogies that show relationships between ideas, and utilize mnemonic devices to aid in recall of information.
- Visualize mental images, picture processes, and create stories that help you recall the information, concepts, theories, etc.
- Use different materials (text, lecture, supplemental readings, etc.) to prepare and gain additional insight into the material.

Check Your Understanding:

- Explain what you have learned in simple terms to an empty chair or someone unfamiliar with the material, referring to your notes when needed.
 - Teaching the material is a great way to determine how well you know it!
- Identify what you do/don't understand by writing everything you know and then comparing it to your notes.
- Create your own practice test; take a break for a while, and then return to the material to see how well you do without consulting your notes.