

ACTIVE STUDYING

Why it works? Learning takes time. Very few people have photographic memories. Learning requires meaningful repetition. This is why active study techniques are so vitally important. The "recording disk" of the brain accepts new material much faster if it "hears," "sees," "feels," "tastes," and detects motion (kinetic energy) during input or recording time. Then too, the more times around the learning circuit, the longer lasting the impression. If you are able to place abstract ideas into diagrammatic form, you will remember the concept.

Initial Learning	Review Strategies
Attend class & take notes	Synthesize class notes into study guides or summary note sheets.
As soon as you can, rewrite or type your class notes.	
Read the textbook and take notes.	Add textbook notes to class notes.
Focus on diagrams & processes in textbooks and class notes. Recite the process or key features out loud as you read it.	Redraw important diagrams & processes. Label key features or steps.
Create a study guide.	Turn your study guide into a practice test and take it.
Teach concepts to yourself.	Teach concepts to someone else.
Make & use flashcards (best for vocab, formula, and symbols).	Ask someone to quiz you using the flashcards.
Develop concept maps or comparison charts.	Replicate concept maps or comparison charts.
Do homework assignments.	Redo homework assignments.
Take quizzes.	Retake quizzes.
Brainstorm potential essay questions & write out answers.	Attempt to answer essay questions without any notes.