

Learning Strategies

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Agenda

- Welcome!
- The Study Cycle
- The 5-Day Exam Prep
- Questions



Metacognition

- Thinking about your own thinking
- Monitoring, planning and controlling mental processes

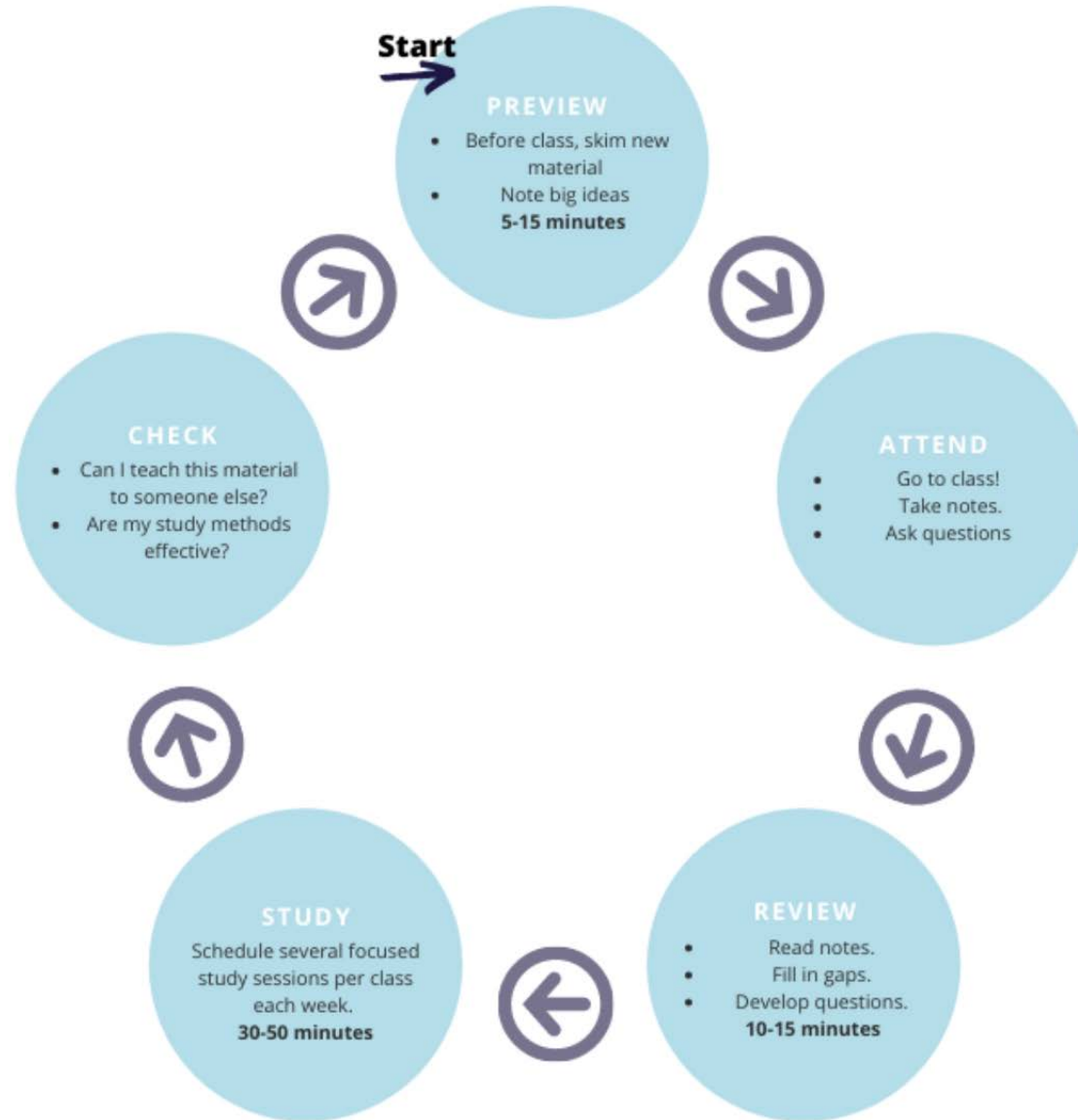
- Metacognition = problem solving = enables you over others

Reflection Question

- What task would you work harder for : making an "A" on an exam or the day before the exam you will have a class review session covering exam material and YOU will be asked to teach the review session for the class? Again, the question is what task would you work harder for?

The Study Cycle

1. Preview
2. Attend
3. Review
4. Study
5. Check



Preview

- Lays the foundation for what you will encounter in class
 - By previewing you are making sure that you see the big picture, priming yourself for knowledge, and understanding how concepts may fit together
- Before class, skim new material
- Note big ideas
- 5-15 minutes

Attend

- Go to class!
 - Be awake, rested and properly fueled
- Take Notes (see our Notetaking/ Textbook Reading video if needed)
- Ask questions

Review

- Read your notes from class; recall
- Fill in gaps and explain your notes to yourself
 - This enhances memory
 - Helps determine things that overlap
- Develop questions

- 10-15 minutes

Information adapted from "Teach Students How To Learn."

Saundra McGuire, PhD

Study

- Schedule several Focused Study Sessions per class each week
 - Plan : set goals for the session
 - Study : do the task
 - Break : essential for motivation and productivity
 - Recap
 - Choose:
 - Continue studying?
 - Break?
 - Change task/subject?
- 30-50 minutes / session

Check

- Can you teach this material to someone else?
- Are your study methods effective?



The 5-Day Exam Prep

- Start early
- Short, frequent study sessions
- Structured time
- Commit to the plan



Get Organized: 5-Day Exam Prep

- Divide the material you need to study into 4 equal parts (A, B, C, D).
 - A should be the oldest material covered
 - D should be the newest material covered.
- For each group, use 2 – 3 preparation and review strategies



Preparation Strategies: 5-Day Exam Prep

- Flashcards
- Study Guide
- Concept Map
- Quizlet
- Summarize Class/ Textbook Notes
- Answer Chapter Review Questions
- Complete Sample Problems
- List Formulas
- Predict test questions: use old quizzes/notes



Review Strategies: 5-Day Exam Prep

- Practice with flashcards
- Recite main ideas without notes
- Quiz yourself on predicted questions
- Recite or rewrite formulas from memory
- Complete practice problems without notes
- Explain concepts to someone else



5-Day Exam Prep

My four groups of study materials are:

- A:
- B:
- C:
- D:

Day 1	Day 2	Day 3	Day 4	Day 5
Prepare Part A (1 hr.):	Prepare Part B (1 hr.):	Prepare Part C (1 hr.):	Prepare Part D (30 min.):	Prepare Part D (30 min.):
	Review Part A (30 min.):	Review Part B (30 min.):	Review Part C (30 min.):	Review Part C (30 min.):
Total: 1 hour	Total: 1.5 hours	Review Part A (15 min.):	Review Part B (15 min.):	Review Part B (15 min.):
List Strategy Used	List Strategy Used	Total: 1.75 hours	Total: 1.5 hours	Total: 1.5 hours
Prepare:	Prepare:	List Strategy Used	List Strategy Used	List Strategy Used
	Review:	Prepare:	Prepare:	Prepare:
		Review:	Review:	Review:
				Self-test!

Questions?

