

Study Pathways

Equip yourself with a variety of techniques to optimize the ways you study. Use the strategies below to develop a study plan that works best for you.

Reading

- **Narrowing** - Your brain cannot memorize entire chapters; narrowing topics down to main concepts allows for easier studying. Consider writing a review sheet of important points as you move through a reading assignment.
- **Highlighting** - Highlight important definitions and key concepts to make them stand out. Remember: highlight only 10% (or less) of a page.
- **Annotating** - Much like narrowing, writing a summary where you put the reading into your own words is a strategy that help you understand concepts better.
- **SQ3R** - Survey, Question, Read, Recite, Review -- This mnemonic device can help you combine elements of various strategies into one approach.

Writing

- **Flashcards** - Making flashcards is a form of studying. Write down important definitions, key facts, and equations on each card. Do not make one card too cluttered. Electronic options, such as Quizlet, are available too.
- **PowerPoints** - Creating these can be helpful in summarizing chapters, which can be efficient when going back to study.
- **Mind/Concept Maps** - If you are more of a visual preference learner, create a mind map to help you graphically organize material. Electronic options, such as bubbl.us or mind42.com, are available.
- **Review Guides/Cheat Sheets** - See "Narrowing" and "Annotating" above. Anytime you summarize and organize material in your own words, it helps you learn.

Speaking

- **Tutoring & Study Groups** - Allows you to ask questions, have concepts explained, and hear additional perspectives from other students. [Hint: Try Study Stop or other campus resources!]
- **Office Hours** - Your instructor has these for a reason: YOU. Get additional questions answered and discuss topics more in depth.
- **By Yourself** - Allows the opportunity for you to communicate concepts and hear any mistakes you may need to fix.
- **Teach a Friend** - Explain a concept to a classmate in your own words. This illustrates that you have a firm grasp on the idea.

Testing

- **Ask Friends** - Find a study friend/group and quiz each other on what you know.
- **Practice Problems** - These are a great way to practice what might be on the exam.
- **Use Flashcards/Quizlet** - If you create flashcards in Quizlet, it will turn that material into test questions. This is a great way to study if you will be taking tests online. (Note: Quizlet also has a free app for your phone.)
- **Create Your Own Test** - Know what thinking level you will be tested at, then create your own exam. Put yourself in your instructor's place and try to replicate the test you will eventually take.

My Study Plan

I am currently enrolled in _____ credit hours, **so I will have at least _____ study hours designated weekly.** (Remember: Credit hours x 2 = approximate minimum number of study hours you should have each week)

Two locations where I will study are:

Study Pathways:

Under each column, circle a strategy that I specifically plan to use:
(Keep in mind that you may study differently for different courses.)

<u>READING:</u>	<u>WRITING:</u>	<u>SPEAKING:</u>	<u>TESTING:</u>
Narrowing	Flashcards	Tutoring/Study Groups	Ask Friends
Highlighting	PowerPoints	Office Hours	Practice Problems
Annotating	Mind/Concept Maps	By Yourself	Use Flashcards/Quizlet
SQ3R	Review Guides/Cheat Sheets	Teach a Friend	Create Your Own Test

Study Allies – Who I study with:

When needed, 2 peers and 2 mentors I plan to consult:

Peers:

Mentors:

Our peers are:

- Our classmates
- Those who have previously taken the classes we're in
- Students in our extracurricular organizations
- Tutors & study group leaders

Our mentors are:

- Instructors
- Teaching Assistants (TAs)
- Other campus faculty/staff
- Tutors

Helpful Hints:

- Develop a routine. Establishing habits of where, when, and how you study helps you focus. (Use your time management here!)
- Having trouble getting started? Set a timer for 10 minutes and jump in. (Usually we will keep going once we get started.) OR – Try the “5 More Rule.” Commit to working solidly for 5 (minutes, pages, sentences...) and then **do it**. Then decide to work another “5 More” or not.
- Remember the **3 Step Review Process** anytime you learn something new. (Review it: the **same day** you learn it, the **next day/by next class**, and **weekly** – until the end of the semester.)