STUDY FOR SUCCESS

How to make more effective use of your time
STRATEGIES

• Find an effective study space

• Start studying sooner rather than later

• Set realistic study goals
MAKE A STUDY SCHEDULE

• Do your schedule on Sunday evening

• Plan 2 hours of study for every 1 hour in class

• Allow a 10 minute break for every 50 minutes of study

• Tackle what is most difficult for you first
Utilize your course calendar in planning your study schedule

• Identify the content to be studied

• Divide it into small sections

• Be sure to include time for yourself and family on your schedule
STUDY TIME

• Uninterrupted

• Morning vs. Evening

• 1-2 hours at a time
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ACTIVE STUDY TECHNIQUES

• Read out loud

• Rephrase it in your own words

• Teach the material

• Make flash cards
ACTIVE STUDY TECHNIQUES Cont.

• Make audio tapes

• Write, in your own words, an explanation of the concept
TYPES OF LEARNERS

• AUDITORY
• VISUAL
• TACTILE / KINESTHETIC
AUDITORY LEARNERS

- Remember people's names
- Enjoy listening and talking
- Remember what they hear in lecture
AUDITORY LEARNERS Cont.

• Are easily distracted by sounds and noises

• Find verbal and written instructions helpful
STRATEGIES FOR AUDITORY LEARNERS

• Read the text out loud

• Discuss information in a study group

• Tape lectures and listen in the car

• Tape yourself reading the text and/or your notes
VISUAL LEARNERS

- Forget names but remember faces
- Dislike listening for long periods
- Easily recall information seen in pictures and charts
VISUAL LEARNERS
Cont.

• Are distracted by movement and untidiness

• Like to see demonstrations
STRATEGIES FOR VISUAL LEARNERS

• Must take notes

• Write rather than type

• Use colored pens/pencils
STRATEGIES FOR VISUAL LEARNERS Cont.

• Draw or paste pictures in the margins of your notes

• Read the text that explains the graphics
KINESTHETIC LEARNERS

• Remember what they did in class rather than what they heard or saw

• Talk with their hands

• Prefer to jump right in and try new things
KINESTHETIC LEARNERS
Cont.

• Are distracted by activity around them

• Prefer to talk while doing something, such as walking
STRATEGIES FOR KINESTHETIC LEARNERS

• Use a highlighter to mark the book

• Type class notes

• Draw pictures and diagrams

• Hold the book in your hands while you read

• Walk around while you read
READING FOR RESULTS

• Preview first

• Read before the lecture

• Highlight on the second time through the text
READING FOR RESULTS
Cont.

• Pay careful attention to words in bold type, and tables or boxes

• Use info from the text to add to the lecture notes
NOTE TAKING

• Note the topic, date, and number at the top of each page

• Record what the instructor emphasizes

• Leave spaces between topics so you can add info from the text
NOTE TAKING Cont.

• Make a “?” in the margin next to anything you don’t understand

• Read over your notes that evening

• Develop a support system
REVIEW

• Skim and re-read notes
• Try to summarize from memory
• Answer the study questions at the end of each chapter
• Review what you have highlighted
• Develop your own questions
GREAT RESOURCES

• Your text
• The CAI lab
• Your instructor
• Skills lab faculty
• ATI remediation