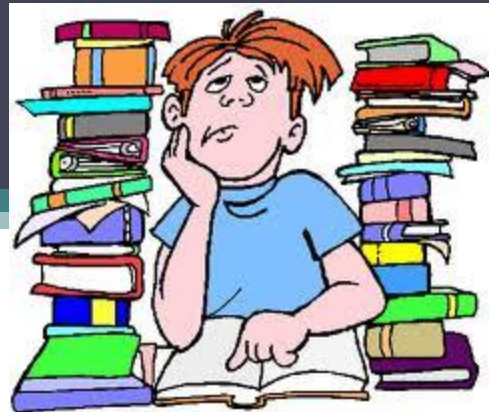


Successful Study Strategies



Student Academic Support Services
University of Tennessee Health Science Center

Preview – Before Class

THE SQRRR METHOD

- 1. Survey**
 - Preview the chapter
- 2. Question**
 - Make questions out of the objectives or topic headings
- 3. Read**
 - Just one section at a time
- 4. Recite**
 - The answer to yourself (with text closed)
- 5. Review**
 - Summarize the text and *review regularly!*

Take Notes

How do I do that?

During class

- Write main points using shorthand
- Listen for signal cues from teacher
 - Information repeated several times
- Take notes in your own words

Take Notes

How do I do that?

Immediately following class (within 24 hours)

- Review class notes and fill in any blanks
- Organize notes for memory and understanding
- Chunk material into meaningful and manageable units
- Write a summary of the notes on bottom of page

Why Review Within 24 Hours?

- Your recall rises immediately after a learning period and rapidly declines after about 24-hours
 - **After 24-hours, recall has diminished by about 80%!!**
- Reviewing within 24 hours helps transfer what you've learned from short term to long term memory
- The decline in recall is significantly reduced if material just learned is reinforced 1 hour

Review Notes Weekly

Why would I do that?

Without ongoing review we lose 98% of the total sum of ideas entering the mind within a 4 week period of time.

Actively Study

But why would I want to do that?

1. Identify the important information
 - Answer “what’s important here?”
2. Organize the information
 - Start with the “big picture”
3. Memorizing the information
 - Requires frequent review!
4. Applying the information to more complex situations

How to Actively Study

- Draw diagrams or charts representing relationships between ideas
- Make associations with something you already know
- Work through practice problems and old exam questions
- Create a study group and quiz each other
- Cover up your notes and talk through a concept as though you were teaching it to someone else
- Make flash cards or study sheets and review them regularly.

Consider a Study Group

“Knowledge when shared only multiples.”

Why a Study Group?

- Individual studying may work great for memorization, but *group studying helps to understand ideas and apply the information*
- Provides opportunities to question, review, clarify, and discuss
- Encourages problem-solving
- Promotes more confidence and motivation

Study Group

"Knowledge when shared only multiples."

Tips for Studying in Groups

- Select members concerned about being successful just as you are.
- Share the responsibility of teaching and learning.
- Use to complement personal study time - not replace it.
- Try to stay on track.
- Meet in a location free from distractions.
- Read the material before the meeting so you can contribute to the discussions.

Manage Your Time

But why would I want to do that?

- Where does your time go?
- Does procrastination work for you?
- Are you prioritizing tasks realistically?
- Is review time being distributed weekly?
 - Can you say 'no'?
 - Are you meeting your goals?

Visually Manage Your Time

"Seeing is Believing"

- **Create a daily schedule for the week with your classes and designated study time**
 - Help motivate you!
 - Priorities are accounted for, studying is distributed.
 - Makes you more prepared.
 - Provides a visual for small goals you set for yourself.
 - Achieving those goals boosts confidence!
 - You're able to see what you've done to prepare for your exams.

Study Environment

Does it really matter?

Where and when you study can mean the difference between productive studying and staring blankly at your notes.

- Things to consider when choosing a place to study:
 - Level of background noise
 - Your level of comfort/discomfort
 - Types of distractions
- Time of Day
 - Study most difficult subject(s) when most alert – whether that be 7:00am or 11:00pm

Use Your Resources

Why would I want to use those?

- **Get to know your course directors/professors!!**
 - **Why?**
 - They're the experts in the material for the course!
 - They're in a position to help you develop study strategies for that particular course!
 - The more they know you the more they can help you!
- **Student Academic Support Services (SASS)**
 - **Why?**
 - They're the experts for finding learning strategies that work for you!
 - They're in a position to help you show more of what you know!
 - They have a library full of helpful resource books, computer software, retired test questions, old class notes, etc!
 - They can help motivate you to meet your goals!