Successful Study Strategies

Student Academic Support Services
University of Tennessee Health Science Center

Adapted from: Learning Resources Center, University of Pennsylvania
www.vpul.upenn.edu/lrc
Preview – Before Class

THE SQRRRR 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*!
During class

- Write main points using shorthand
- Listen for signal cues from teacher
  - Information repeated several times
- Take notes in your own words
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.
Without ongoing review we lose 98% of the total sum of ideas entering the mind within a 4 week period of time.
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.
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.
• 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.
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!