

Active Studying

Initial Learning	Review & Self-Test for exam
Go to class and take notes.	Review your notes after class or the following day.
Read hand outs and textbook assignments. Highlight main ideas while reading.	Summarize concepts out loud or in writing. Highlight connections, concepts, and ideas.
Locate steps needed to solve problems.	Work through steps without looking.
Spend time understanding graphs, pictures, and other graphics.	Practice explaining this information from memory.
Create a study guide for future use.	Quiz yourself on study guide information (out loud or in your head).
Create a practice exam with all possible information (organize by chapter).	Take practice exam under test-like conditions. Identify weak areas.
Make flash cards of key concepts, names, vocabulary, dates, formulas, etc.	Practice flask cards until you know material on both sides in either direction.
Teach the information to someone else!	

Each Week:

- ✓ Look for connections between your textbook and the lecture/lab. What concepts overlap, connect, or seem to be emphasized the most?
- ✓ Spend time with the new material, but also spend time revisiting prior week's information. Continuously revisiting these will help you establish and retain them in your long term memory.
- ✓ Mix up different chapters when you review. This approach will more closely simulate a test scenario than if you review concepts in chronological order.

