

## ACTIVE STUDY STRATEGIES

Do you ever feel like you put so much time into studying, yet you do not get the results you want? Mastering material is often about *how* you study, not just how long. Many students study passively (see examples below), which leads to a false sense of familiarity of information.

Successful students use active study strategies, allowing for a deeper understanding and a stronger retention of material. Try out some of the following active study strategies for your next exam.

MATERIAL TO STUDY	PASSIVE STUDY STRATEGY	ACTIVE STUDY STRATEGIES (TRY THESE INSTEAD!)
Lecture Notes	Re-read notes Write down exactly what professor says in class	<ul style="list-style-type: none"> <li>▪ Identify main points in notes and explain in own words</li> <li>▪ Create charts and diagrams that chunk related information</li> <li>▪ Have a study partner quiz you</li> </ul>
Assigned Texts and Articles	Read and underline	<ul style="list-style-type: none"> <li>▪ Change chapter headings into questions that you answer while you read</li> <li>▪ After reading a few pages, stop and summarize what you learned in three sentences</li> <li>▪ Determine which sections you had trouble understanding and go back to review</li> <li>▪ Annotate</li> </ul>
Assigned Problems and Exercises	Try to solve while looking at class examples	<ul style="list-style-type: none"> <li>▪ Try and solve on your own first. Then look at examples to see if you got the question right</li> <li>▪ Meet with a classmate to work on challenging problems together</li> </ul>
PowerPoint Slides	Print out and read	<ul style="list-style-type: none"> <li>▪ Print out, write possible test questions in the margins, and quiz yourself on slide info</li> <li>▪ Create flashcards from key terms on slides</li> <li>▪ Create concept maps on key ideas</li> </ul>
Lab Reports	Re-read answers	<ul style="list-style-type: none"> <li>▪ Quiz yourself on models/materials</li> <li>▪ Recreate diagrams (leaving out labels and terms) and then practice filling in the information</li> </ul>

Chart adapted from Seattle Pacific University Center for Learning.

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