



ACADEMIC SUCCESS PROGRAMS



EFFECTIVE STUDY STRATEGIES

	Instead of...	Use:	Apply:
When you study:	Cramming: feels like it works because you remember things short-term; but it doesn't work for remembering things long-term. ²	Spaced (Distributed) Practice: Put time in between your session; study a little bit of new material each day to add to your mental "map" of content. ¹	Begin by reviewing what you studied last time, studying a bit of new material, & then reflect on how they relate. Use apps to study flash cards on the go.
How you study:	Re-reading: (unless you need clarification or additional information) creates familiarity with the words on the page and leads to over-confidence.	Practice Tests/Questions: measure what you know so you know what to study more. Use short-answer questions over multiple-choice or vocab. ³	Make flash cards asking short-answer questions to test what you know; try to answer the question fully before looking at the correct answer.
	Underlining: is a shallow, passive process which leads to effortless re-reading & possibly skipping information because it was not underlined. ⁵	Notes Written as Questions: are good for identifying main ideas of complex material; Notes are most effective if they are made to teach others the material. ⁴	Write your notes as questions over the main concepts from any readings or lectures; later, you can use them as a study guide for any tests or quizzes.
	Summarizing: encourages shallow re-reading strategies; Studies have found no effect between summarizing & remembering during testing. ⁶	Elaboration: connect new information to things you already know; what you already know is more important than individual ability when it comes to learning.	Ask yourself: how could this affect me or my family & friends? When, where, & how could this be useful in the future? What is significant about this?
Where you study:	Studying in the Same Places: will help you remember during study time, but on test day you won't be where you studied; mix it up to prevent yourself from linking new information to your physical environment.	Multiple Places for Studying: be in the best mindset for studying by always studying in the same places; doing the same activity in the same place multiple times forms a link between the two.	Find multiple places to use only to study; a coffee shop, a certain desk in the library, a specific chair in the RSC; link the act of studying to the location, rather than the specific information you're studying.

*1 (Carpenter, Cepeda, Rohrer, Kang, & Pashler, 2012) *2 (Roediger & Karpicke, 2006) *3 (Carpenter & Pashler, 2007; Marsh, Roediger, Bjork, & Bjork, 2007; McDaniel, Roediger, & McDermott, 2007; Roediger & Karpicke, 2006) *4 - (Bretzing & Kulhavy, 1981) *5 (Anderson & Armbruster, 1984; Gaddy 1998) *6 (Witrock, 1991; Witrock & Alesandrini, 1990)

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