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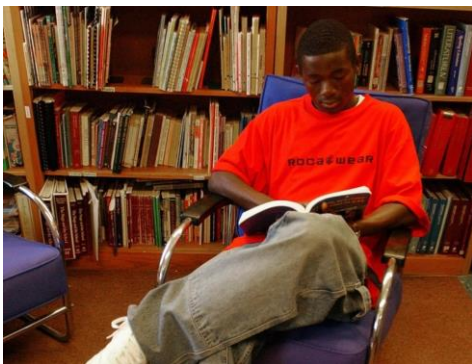
2015



In preparation for exams, do you re-read your text, handouts, and study guides? Are you busy highlighting concepts? And, are you frustrated when you don't receive the expected grade for the hours that you spent studying? Our intuition tells us that this **IS** a sufficient method for studying, or cramming before an exam. While this may work for some, it generally results in short term memory and shallow learning. Research tells us there are more effective methods to yield a deeper understanding of concepts that results in better learning.



Survival Tips for Students: Make Studying and Learning more Successful



Practice active reading.

As you're reading your text, slow down, and periodically ask yourself - What are new terms that are introduced? Why is this important? And, how this new information add to existing knowledge? Create an outline as you're reading. If you need help getting started, use the [Bullet Point Reading Method](#) (BPR) to help guide your reading and note taking.

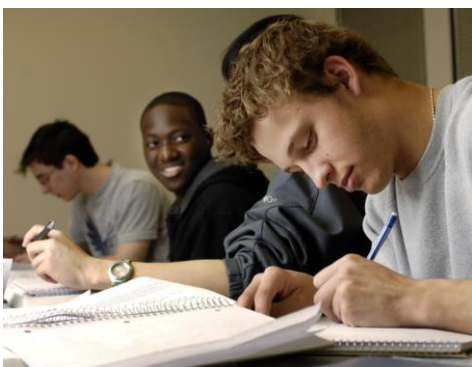
Use the end of chapter questions to help guide your reading.

Check your understanding by answering these questions without referring to the text. If you can't answer a question, write this concept on a flash card or on a self-study guide that you can review at a later time.



Use flashcards to conduct spaced self-testing.

Create flashcards from bolded concepts in your textbook, definitions, or formulas. Use [Quizlet](#) or [Flashcard Machine](#) to create and share flashcards, tests, and other study games. Consider using the [Leitner system](#) to prioritize concepts that require more practice. This method uses boxes to help you determine what concepts you know well, and those that need further review.



Schedule time for retrieval.

Forgetting is part of the learning process. Set up a schedule to quiz yourself on new and old material. This helps reduce test anxiety and the amount of time spent cramming before exams.

Mix up your learning.

Instead of studying topics in blocks and working the same types of problems until you've mastered each, consider [interleaving](#) or mixing up the problems. Using interleaving to study concepts helps you discriminate between ideas, and better prepares you for exams.



Use Mnemonic devices to help remember information.

[Mnemonics](#) are rhymes, rules, phrases, diagrams, acronyms and other devices that are designed to help you learn, remember and memorize names, dates, facts, and figures. Most *mnemonics* work by associating a word, phrase, or item with the information you need to remember. For example, you can use the phrase, *Merry's Violet Eyes Make Johnny Stand Up Now Period* to remember the order of the planets orbiting the sun. Other devices include the [Link and Story Method](#).



Take control of your own learning.

Use the [BPR bookmarker](#) to help guide your notes as you're reading. Generate your own summary of material after a lecture or session. Create your own study guides (fill in the blank questions, etc.) Teach someone what you learned using your own words. And, anticipate exam questions from readings, lectures, and activities.



Tools

Bullet Point Reading Bookmarker:

http://www.sdcity.edu/Portals/0/CMS_Editors/MESA/PDFs/BPRbookmarkerRev.pdf

Cram: <http://www.cram.com>

Flashcards: <http://goo.gl/DNP2rm>

Flashcard Machine:

<http://www.flashcardmachine.com>

Quizlet: <http://www.quizlet.com>



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