



How to Study: Avoid the 6-Hour "D"

Intense Study Sessions

- 2-5 minutes:

Set Goals

- 20-50 minutes:

STUDY with **FOCUS** and **ACTION**

(Read your text, create flash cards, create maps and/or outlines, work problems -without peeking at the answers, quiz yourself...)

Achieve your goal!

- 5 minutes

Take a **break**

- 5 minutes

Review what you have just studied

- Repeat

Studying to Gather Information

When you use this type of studying?

Things to do

- Identify information to be learned
- Organize, condense, and record
- Verify the completeness and accuracy of your notes

Studying to Learn Information

When would you use this type of studying?

Things to do

- Repeated recitations of text & notes
- Make a note card with main idea on one side and details on the other
- Looking at the main idea, recite the details out loud from memory
- Make “know” and “not yet learned” piles

Studying to Check for Learning

When do you use this type of studying?

Things to do

- Look at the main idea
- Recite details out loud
- Check for accuracy and completeness

Studying to Refresh

When would you use this type of studying?

Things to do

- Schedule time to review material already learned
- Regularly review what you have learned alone or in a study group

Study to Improve Learning Skills

When would you use this type of studying?

Resources

- Find an “A” learner and do what he or she does
- Consult a learning skills book
- Take a learning skills class or workshop
- Get advice from instructors
- Use resources of campus learning experts and counselors