

# STUDY WITH THE FLOW

Association is the key to memory. Connect your in-class work with your out-of-class work for a more powerful study system. It takes a little more effort to really learn information, so go with the flow in a coordinated manner to make sure your associations are well-built.

## BEFORE CLASS

**Preview** your chapter to give yourself a background understanding of the material. Skimming and scanning are tools for finding the most useful information. Get the big ideas this way to prepare for the lecture.

**Pre-Read** to prepare yourself for the upcoming class. Reread previous notes, vocabulary, and textbook diagrams or charts to familiarize yourself with the upcoming topic.

**Do your homework.** This will make sure you have the previous class's information understood. If the foundation is shaky, you'll have trouble holding up the rest of what you learn.

## DURING CLASS

**Take Notes.** Did you know your memory is enhanced when your muscles are involved? Physically writing your notes helps commit information to memory.

**Ask questions.** Your instructor is the expert. Don't forsake their understanding; ask questions when you have them! There's no shame in seeking a better understanding of what you're learning.

**Outline major topics.** One key way to increase your memory is to group your information. By outlining major topics and grouping your learning, you're more likely to retain the information!

## AFTER CLASS

**Review and edit your notes within 24 hours.** Did you know that reviewing information within 24 hours more than doubles your likelihood of remembering it? Don't wait and study late, do it within a day!

**Integrate your notes with textbook information.** Compare how the author and instructor organize the information. If it is in both the book and presented in class, you know what to focus on!

**Ask yourself questions.** Understanding what you don't understand is the first step to learning. Look at your notes; figure out what questions you have and find the answers in your textbook.

## WITH OTHERS

**See a tutor.** A tutor is another well-trained mind that knows the material and can help you see different perspectives that may help you to better understand the information.

**Meet with a study group.** Teaching others is a great way to learn. Explain the information in ways others can understand and it will help you break down information so you can understand it better yourself.

**Meet with your instructor.** They have office hours for a reason! Those times are for you to seek additional help as needed as well as build connections in the professional world.