

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.