

STUDY AIDS MODULE



Students who use study aids well use the hints, study aids, or prompts that textbooks and teachers provide them.

They may also create their own study aids, such as highlighting, important information in their textbooks, or taking notes in their classes.

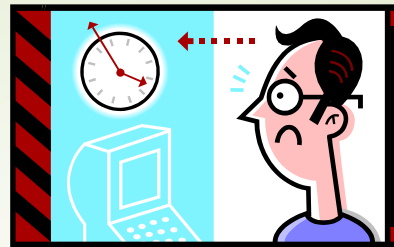
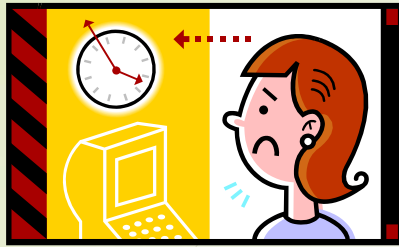
The study aids that these students use help them make the information they are studying more meaningful.

The study aids that these students use help them remember new information in a way that makes it easier for them to recall and use it later.

Students who use study aids well are often more effective at finding the main ideas and important information in their courses.

Students who use study aids will often use outside resources (e.g., tutoring, group review sessions) to help them in their learning process.





MAKING A STUDY SKILLS SCHEDULE

- I. Study Schedule
 - A. Budgeting your time
 1. One hour in class = 2 to 3 hours of study time
 2. Prioritize activities = important tasks first
 - a. attend all classes
 - b. take time to review notes



3. Prepare for lecture

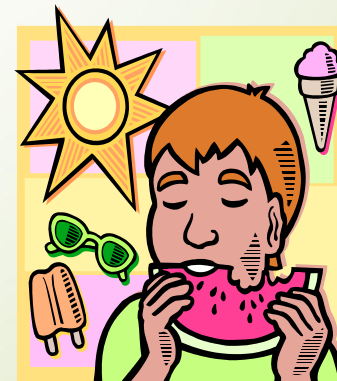
a. familiarize yourself with subject

b. know what to ask

c. saves time b/c you know what to write,
where to pick links, and how to clear
concepts

4. Set up blocks of time (work/break)

5. Allow enough time to sleep and eat



II. Study Techniques

- A. Find a setting conducive to studying:
- B. Survey or skim material to be studied
- C. During Break – do something different
- D. Read the material in question
- E. Attempt to recite answers to your questions
- F. Review all possible test materials on a regular basis



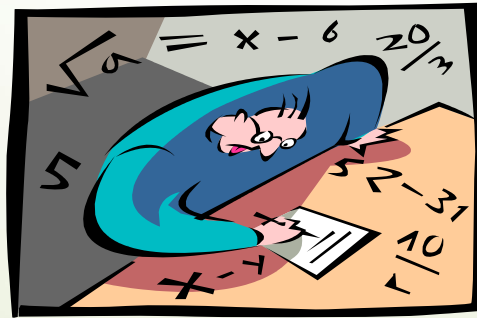
III. SKILLS IN NOTETAKING

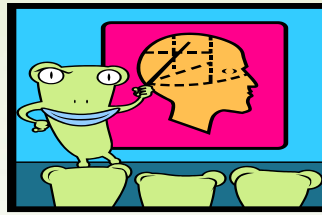
- A. Familiarize yourself with information to be covered in lecture
- B. Have your paper set-up before class and be on time
 - 1. Always title your notes
 - 2. Keep pages together in an effort to access quickly
 - 3. Have a recall Column on page to jot down quick notes
 - a. Names
 - b. Dates
 - c. Formulas
 - d. Page numbers
 - e. Reminders
 - f. If using a recorder – place the counter # here to re-listen
- C. After class – reinforce your notes
 - 1. Type or recopy notes – filling in gaps by using your recall column
 - 2. Compare notes with your study group briefly after each class
 - 3. Plan a longer, more organized study group before the tests
- D. Summarize – use bottom of your notes to summarize



IV. Studying For Exams

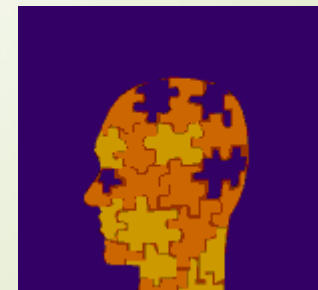
- A. Study and prepare daily
- B. Recall the details
- C. Group similar and related facts
- D. Ask yourself questions based on the material
- E. Study as if the test is an essay





F. Review the night before

1. Neural Trace – when we first learn something
2. STM – trace enters sensory memory –if paying attention enters STM
3. LTM - if you continue working with information and adapt it correctly - entersLTM
4. Permanent with reviewing
5. Adapt information you really need into LTM ASAP
6. STM has small capacity/duration
may learn something quickly but in 24 hrs.
you lose 80% of that information
7. Get plenty of rest



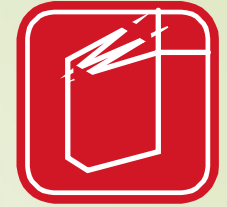


Almost all text books come with a website inside that offers additional exam prep. When preparing for objective exams, use the following:

Recitation – Steps to doing it:

- Study your notes. (For one hour nonstop)
- Close your notes
- Recite from memory what you just studied
- Information you studied either comes back or it doesn't
- A level of comfort with the data is achieved by going over it again and again.
- Generally after a week of recitation, you are ready for anything.





V. Study, Study, Study

Take notes on your notes

- ▶ *Write down all concepts, ideas, and events to remember in your own words*
- ▶ *Provides a depth of knowledge*
- ▶ *Write paragraph ID's on Major events and Major dates*
- ▶ *Keep up and keep current*



VI. Review



- Recite
- Write
- Maintain Constant Contact with your Information
- Develop the Ability to Generate and Analyze Concepts

