

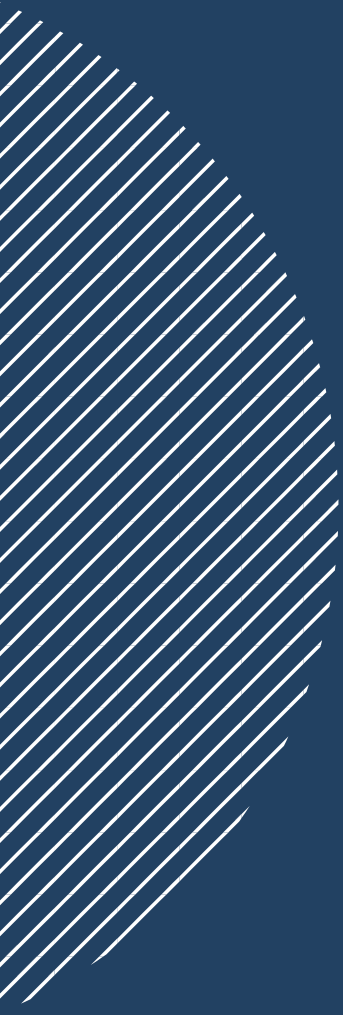



LA SALLE UNIVERSITY CENTER FOR
ACADEMIC ACHIEVEMENT



ACTIVE STUDYING

*** understanding, not just memorizing***


ACTIVELY READ YOUR NOTES WITHIN 24 HOURS OF CLASS.



Make a list of topics that you don't understand; elaborate your class notes with information from the reading; ask a peer for information you missed; reorganize info into charts and concept maps. You may also need to have weekly review sessions.

Take time before an exam to list everything you need to know. Assess each topic's importance and how well you know it —not just if you recognize the main idea, but how well you can explain the topic in detail and connect it to other concepts. Once you know your strengths and weaknesses, you can then make a focused study plan.



Multiple smaller chunks of study time with built-in breaks are more effective for retaining information than one long marathon study session. Focus on a particular chapter, concept, or task (like looking at examples, reciting info aloud, quizzing yourself, elaborating on your class notes) during these shorter study times. Recap at the end what you reviewed.

ACTIVE STUDYING MAY INCLUDE:

- Making condensed study sheets (go through your notes, and make a study guide that puts together all the most important points)
- Quizzing yourself (from your notes, study guide, text, etc.)
- Reciting information aloud Associating new information with what you already know
- Having a study group (quiz each other, take turns explaining, review)
- Creating study aids (compare/contrast charts, diagrams, visual maps of concepts and details, flow charts, table to organize categories, etc.)
- Use mnemonics and acronyms when appropriate
- Going to review sessions or to your professor's office hours with specific questions
- Utilize online resources (from textbook site, Canvas, etc.)

QUESTIONS TO ASK BEFORE READING

- What do I already know about this information?
- How does this relate to class lecture, discussion, or upcoming assignments?
- What should I be able to do when I finish this reading? (your purpose for reading)

Stop and check your comprehension as you read—can you explain it in your own words? Chunk the reading into meaningful sections. Look at: introductions, conclusions, summaries, headings, bolded terms, diagrams/illustration, charts, questions, or other review tools. Compare the reading with your class notes to fill in the details.

STUDY IDEAS FOR DIFFERENT CLASSES

History

Names, dates, places, and events are important. Make a time line to help you visually understand and organize the chronology. Make charts that compare/contrast eras, rulers, governments, countries, wars, etc. Consider cause-effect, results of particular events, major conflicts, etc.

English

Study by revisiting key quotes discussed in class. How do they connect to the larger themes? Make study sheets that trace themes, character development, symbols and motifs, character relationships, etc. Consider how the work connects to the larger historical/cultural context.

Biology

Biology lends itself well to graphic organizers and study aids—charts and maps showing the steps in a process, charts comparing different systems/drugs/hormones/etc., charts organizing structure and function for anatomy, diagrams to practice labeling, etc.

Problem Solving Classes (Math, Chemistry, Physics, Accounting)

- Make a practice exam for yourself if one is not available: mix together many types of problems in a random order (get a friend or roommate to mix them up), then sit down and try to work straight through the practice test as if it were an actual exam.
- Identify from your homework, quizzes, and past exams the types of mistakes that you tend to make—do you have a hard time setting up problems? Difficulty mostly with multi-step problems or certain types of problems? Does labeling or small math mistakes account for many lost points? Focus on improving these areas where you have difficulty.
- Make condensed study sheets. Take an example of each kind of problem and explain what about the question alerts you that it's a certain kind of problem, show the steps needed to solve it, and connect it to the theory/vocabulary/concepts that it illustrates.

Psychology, Sociology

You cannot simply memorize definitions; you need to apply these ideas to real life. Therefore:

- Think of scenarios when you're studying. Write down any examples your professor gives in class, and pay attention to examples in the textbook or readings. You may want to start a study group to discuss application. Meet with a tutor or your professor if you're not sure that you're analyzing situations correctly.
- Examples or scenarios are also a good way to remember and keep terms straight. For stages of development, for example, you might think of children you know and how they exhibit characteristic traits of different phases when they are that particular age

More Resources: www.howtostudy.org(study tips for different subjects)

To make an appointment or to connect with our Peer Academic Coaches, contact Melissa Hediger Gallagher (hediger@lasalle.edu, 215.951.5115).

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