

Effective Study Techniques



To do well in school, you need to commit to scheduling time for yourself to review your notes, complete assignments, and study effectively. Without a dedicated time-commitment to your studies, it is difficult to fulfill your potential.

Use a calendar to map out specific dates and times you are allocating to studying throughout each week.

Experiment with some of the study techniques listed below to discover methods that may allow you to reach your potential.

Eliminate Distractions - If you wish to study smarter, not harder, it is essential that you eliminate distractions such as social media, texting, web browsing, etc. Be in a location that allows you to focus on your task at hand without interruptions or distractions.



Stagger Study Sessions — Studying for shorter periods of time over many days allows for greater memory retention than studying for a long time over one or two days. Take well-deserved breaks throughout your study sessions. You should be reviewing your notes and concepts studied in class at least once a week, if not daily. This will aid in long-term memory retention.

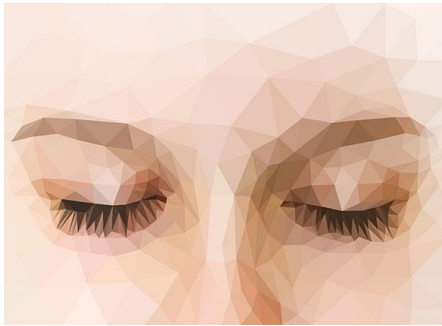
Self-quizzing - Develop test questions for yourself as you learn a new concept, thinking about the types of questions you might ask on a quiz or test. Incorporate these quizzes into your study sessions and practice answering these questions. Put away your notes and spend time writing out all you know about a specific topic, and then review this with your notes to find out areas you need to review more thoroughly.

Flash Cards – Flash cards be used for dedicated practice and self-quizzing. The cards you are able to answer immediately review in three days, cards you had some difficulty with review in two days, cards you answered incorrectly should be reviewed the next day. Quickly test your knowledge of key concepts, definitions, quotes and formulas with flashcards to aid in your memory retention.



Become the Teacher - Research reveals that we have improved memory and recall skills when we learn new information with the expectation of having to teach this material to someone else. Students are more involved and will automatically develop methods of remembrance and organization when taking on a "teacher" role. Work out how you would teach what you are studying to someone else, and if possible, actually teach someone this material.

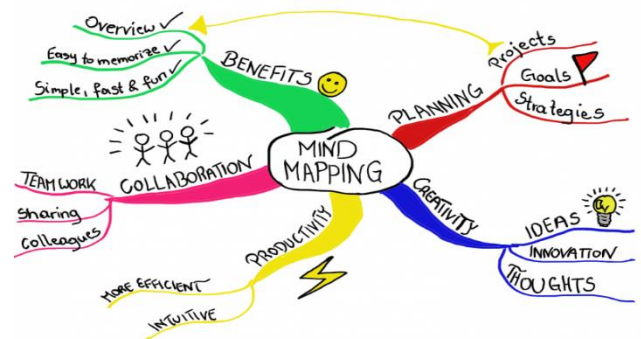
Active Recall - Merely reading and re-reading texts or notes is not actively engaging in the material. After reading a chapter/section, close your books, put away your notes and recite out loud everything you can remember up to that point to practice long-term memorization.



Visualization - Some people discover that a picture is really worth a thousand words. Take your notes and convert them into visual symbols or a full drawing in order to spark your memory about the key facts that you need to memorize. This will create a visual memory in your mind that you can use to spark your memory and recall information for an exam or test.

Mnemonics - A mnemonic device is a way to retain or retrieve information from your memory. Mnemonics allows you to memorize lists of words or concepts, enabling you to recall that information quickly. This information can then be used to trigger other knowledge that you can build upon during a test or exam. *Quick, list the five Great Lakes!* Using the mnemonic “**HOMES**” makes it easy – **H**uron, **O**ntario, **M**ichigan, **E**rie, **S**uperior!

Mind Maps – Use mind maps to connect ideas and concepts together by creating a visual overview on paper of information you need to remember. Use visual cues to link related areas together, such as colour-coding similar concepts together or grouping common ideas with symbols.



Condense Material – Create a study page where you have summarized key concepts into small “chunks” of information that will allow you to more easily recall that information. Use this page to trigger your memory and then say out loud to yourself what concepts/ideas you associate with each entry. Keep in mind that active studying is rarely silent as it often requires saying the material out loud to yourself to embed it in your memory.



Group Study – Studying with one or more person can help to clarify concepts and is a great way to share knowledge and learn from each other. Students in a group can discuss perspectives and offer new insights to help each other learn. Take turns as a quiz master or a teacher to the group in order to solidify your understanding of the material.