

# Study Smart

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Strategies for Success

Academic Success

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# Learning is Misunderstood

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- Assumptions
  - Should be fast and simple
  - Being good at something takes talent
  - A person can be good at multitasking when studying or in class
  - Fluency and familiarity are equivalent to mastery and long-term retention
  - Failure is bad

# Learning is Misunderstood

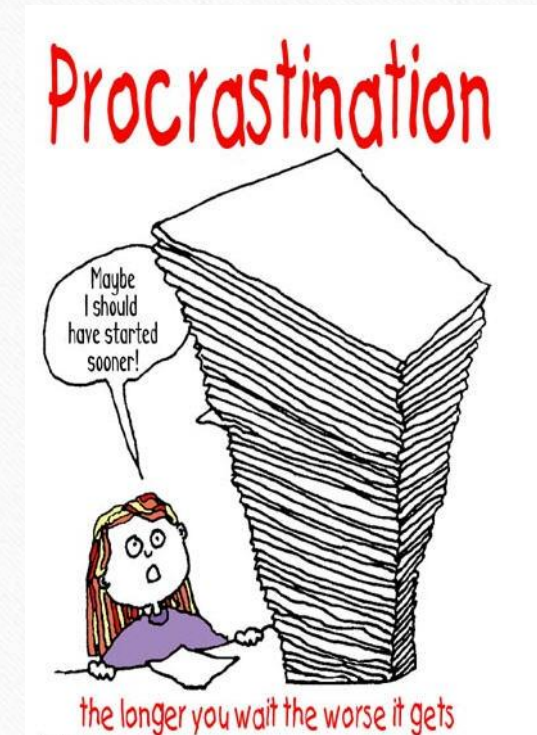
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- Instead:
  - There are illusions of knowing
  - Over-confidence: Self-awareness and self-regulation is often less than realized
  - Students might be aware of, but do not understand, how cognitive processes work together for information retention

# Use Your Time Wisely

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- Schedule time in your planner to study
  - 30-60 minutes each day per class
  - Longer periods of time a few nights before big exams
- Stick to that schedule
  - Turn off phone
  - Close personal websites
- Identify specific goals before that time
  - Review notes
  - Study vocab flashcards



# Take Purposeful Notes

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- Be conscious of your note-taking
- It's easy to write things down without processing
- Make your notes complete so when you return to them you don't have questions
- Don't just rely on PowerPoint slides
- Avoid highlighting
- **TAKE NOTES IN YOUR OWN WORDS!**
  - Write down thoughts you have while reading or listening to lecture
  - Write down questions you have and listen for the answers or ask

# Take advantage of your resources

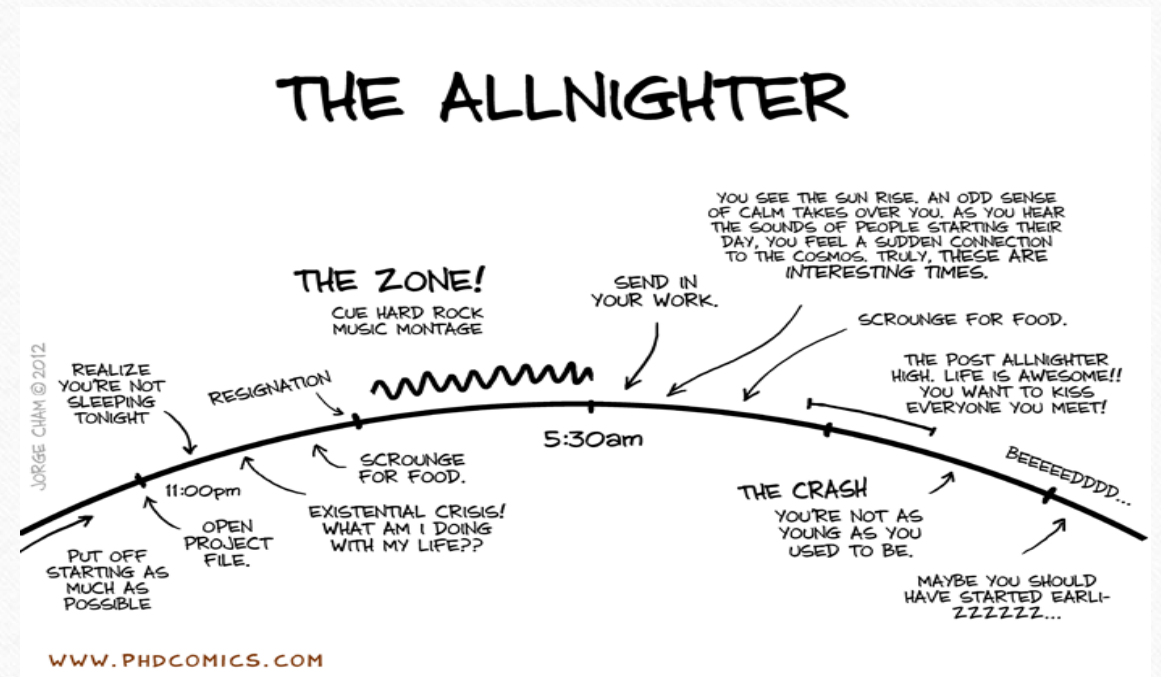
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- Instructors
  - Visit their office hours
  - Discuss the material with them
- Tutor Center & Writing Center
- Other students in your course may be able to help explain something in another way



# Be Realistic

- Recognize optimal study times
- Don't schedule 5 continuous hours of study time
- Review daily to avoid all-nighters
- Give yourself breaks during long periods
  - 5-10 minutes for every 20-30 minutes



# Choose a Good Location

- Distraction-free
  - Close personal websites
  - Turn off your phone or leave it in another room
  - Turn off the TV, etc.
- Adequate space
  - Desk or table where you can spread out all necessary materials





# Retrieval Practice and Forced Recall

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- Practice remembering what you are trying to learn in multiple ways
- Pull the information from memory in your own words
- The more times you practice from memory, the longer you will retain the information
- Can take many forms

# Prepare a Study Guide – Test Yourself

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- Write questions based on lecture and your notes
- Write a question on one side of the page or flashcard and the answer on the other side
- Break complex topics into simple questions
- Cover the answer and try to answer from memory
- Quiz yourself a few times a week

# Keep Your Notes/Flashcards with You

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- Take advantage of free time
- Time between classes
- If class gets out early or is cancelled
- If you're waiting for the doctor, an oil change, etc.



# Group Study Sessions

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- Each person identifies main points and create a study guide pre-meeting
- Discuss main points as a group and identify common points
- Compile one study guide
- Take turns quizzing each other – answer in your own words, **force recall**
- Explain topics to each other when one person doesn't know the answer

# Beware of familiarity

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- Something might look familiar, so you stop practicing recall for the topic
- Familiarity is often mistaken for recall.
- Example of this when studying flashcards you look at the answer and tell yourself “Oh yeah, I knew that.”
- You definitely didn’t know it.

# Spacing while studying

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- This is why cramming doesn't work
- Allows for consolidation
  - Happens during sleep
- Allows for forgetting – which is good, because you get to practice recall again!

# Interleaving and difficulty

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- Mixing up topics as a form of spacing
- Practicing different skills for a topic in shorter segments can help you discriminate problem solving techniques later
- All of these practices come together in a desirably difficult way
- When studying requires a considerable amount of effort, you will improve long-term performance

# Reward Yourself

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- Give yourself an appropriate award
- After you complete studying, watch a favorite show, take a bubble bath, play a game, etc.
- If you get an A on an exam, get your nails done, go to a movie, go to a sporting event etc.
- [Retrieval Practice/Forced Recall](https://www.youtube.com/watch?v=Pjrqc6UMDKM)  
<https://www.youtube.com/watch?v=Pjrqc6UMDKM>
- [Effective Flashcards](https://www.youtube.com/watch?v=mzCEJVtED0U)  
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