



STUDY SKILLS

FINALS ARE COMING

TUTOR STAFF MEETINGS FALL 2022

TYPES OF LEARNING

PASSIVE

- doesn't do anything with the information
- you don't have to think very hard
- you can read info without taking it in

ACTIVE

- transforming the information
- the very structure of the activity forces you to think
- ensures understanding

ACTIVITY: MAKE IT ACTIVE

During a Session:

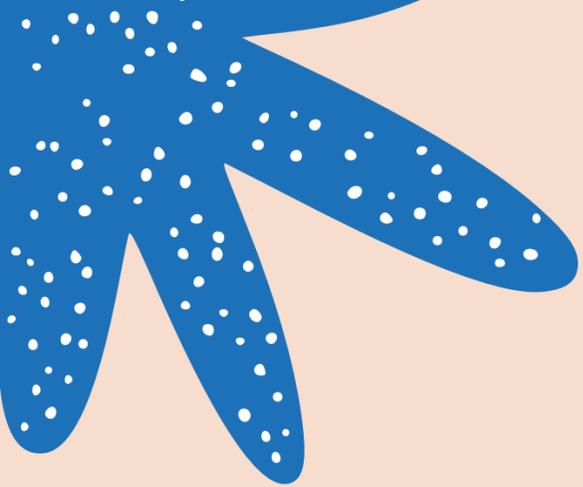
- 1) Tutor does a mini lesson at the board about a concept that the students keeps getting confused on.
- 2) Student wants their final paper checked for grammar, so you silently read for errors.

Student Strategies:

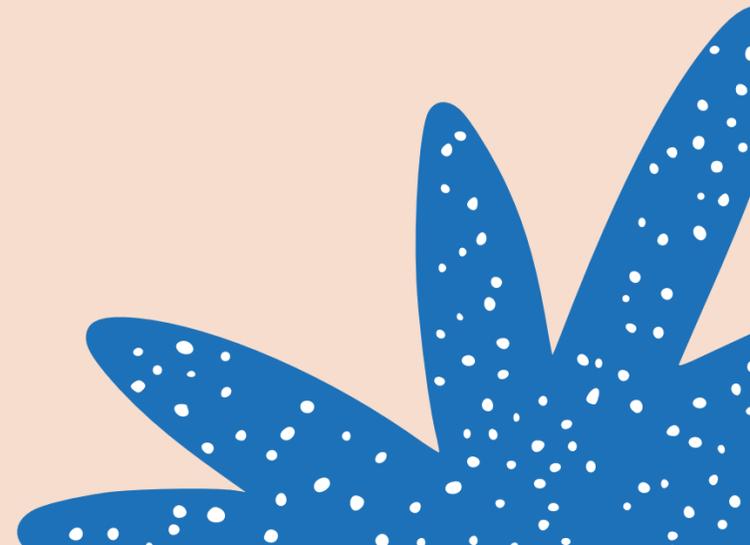
- 3) Reread the chapters/look at homework sets that are on the test
- 4) Memorize terms/formulas through pure repetition

TEST PREP STRATEGIES

1. MIMIC TEST CONDITIONS
2. FEYNMAN TECHNIQUE
3. NOTECARD METHOD
4. "TOP HITS"
5. QUIZZING
6. MEMORY NOTES

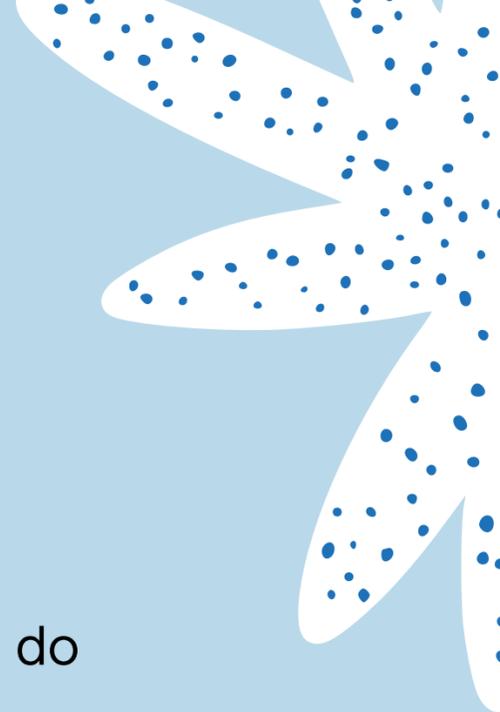


**What do you do to
prepare for finals in
your major?**



**How can you translate
that into a tutoring
session?**

SELF CARE WHEN STUDYING



Take Breaks:

It is important to take breaks, both for your retention of information and for your mental health. Take breaks to do things that bring you joy or relaxation, like taking a walk, crafting, reading a fun book, playing a sport, etc. It's best if you can put away the technology.

Don't Pull All-Nighters:

All-night studying can be detrimental to your mental health. Try to pace your studying to prevent this from happening and trust in the power of a good night's sleep to prepare you for the day.

Check-in on your Friends:

Create a culture of checking-in within your friend group. Friends help us decompress and destress. It also helps if you can talk about your mental health openly with your friends.

HALT:

If you don't feel well, but can't tell what you need, check in with yourself using "HALT: "Hungry? Angry/Anxious? Lonely? Tired/Thirsty? You have to take care of your physical and mental health to study effectively.

The background is a light blue color with a pattern of stylized flowers and leaves. There are several large blue flowers with white dots, several large white flowers with blue dots, and several blue leaves. The text "GROUP WORK TIME" is centered in the middle of the image.

**GROUP WORK
TIME**