

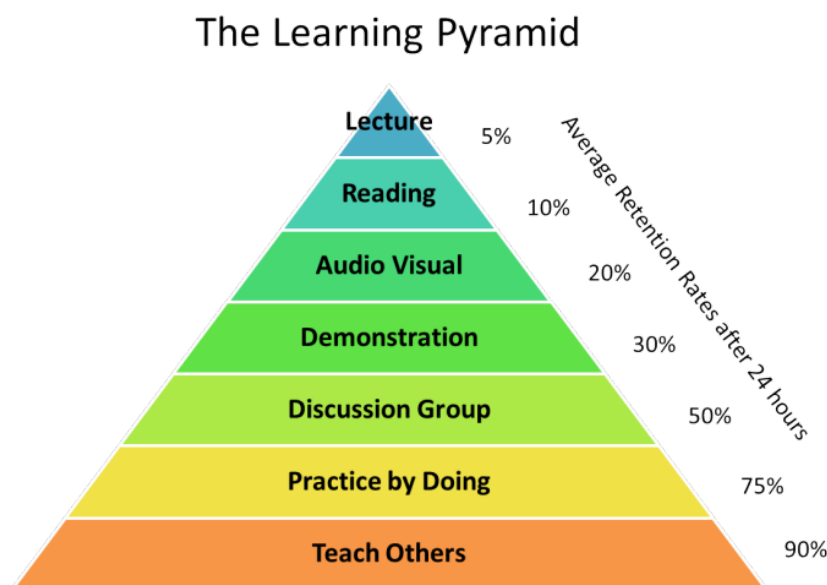
What Does "Studying" Look Like?

In college, "studying" includes many activities essential to understanding, learning, and good performance on exams. Below is a list of activities that can help you study, and ultimately, help you understand and master material:

- ✓ **Set up a study schedule** that includes a minimum of 2-3 hours of studying for every hour that you are in the classroom. This will vary some depending on classes.
- ✓ **Read textbook assignments and take notes before lecture.** You take better notes when you have some understanding of new terminology and concepts beforehand.
- ✓ **Rewrite lecture notes within 24 hours of class.** Statistics show that if you spend time reviewing your notes within a few hours of taking them, you will retain 50% of the material. However, if you wait longer than 24 hours before reviewing your notes, you only retain 20% of the material.
- ✓ **See instructors during office hours.** Take the opportunity to ask questions, get feedback and bounce ideas off your instructor on what they are looking for.
- ✓ **Quiz yourself** from your notes on a regular basis; use notecards, recite answers aloud, write down examples. Do not wait until you get a test back to find out what you have and have not learned.
- ✓ **Form study groups.** Compare notes, form potential test questions and answers, and quiz each other.
- ✓ **Do all homework.** Practice makes perfect.
- ✓ **Attend Supplemental Instruction, Targeted Learning Sessions, and Tutoring.** Even if you're doing well, additional instruction will engrain concepts, and you reduce test anxiety when you feel prepared!
- ✓ **Research for papers and essays early** enough so you can complete little by little each week, and have them reviewed by a tutor or peer.

Learning Efficiency

The below pyramid shows the varying levels of efficiency in learning. Take a look at what is most effective and see if you can include as many levels as possible for maximum retention!



Source: National Training Laboratories, Bethel Maine