

Use Tried and True Learning Principles-*These are class sets for in-class use only (I will post to website so that you can access own copy whenever you need to 😊*

1-Aristotle's Law of Frequency

The more often things are experienced together, the stronger the association between them becomes. Repetition is essential for learning and remembering. Read the book and other materials more than once, go over your notes frequently, and study with the book, your notes, and other study materials together several times prior to an exam to help connect what you learn in class to the book and other materials.

2-The Spacing (Distributed Study) Effect

When study sessions are spaced far apart (distributed practice), performance is superior to performance when sessions are close together (massed practice). Study and review regularly throughout the semester, don't just cram the night before the exam.

3-Ebbinghaus' Overlearning

Learning or continuing to practice beyond subject mastery (overlearning) greatly reduces the rate of forgetting. Students often go over material until they "recognize" it upon review, but don't really "know" it. Continue to study beyond this point, ask yourself questions about it, apply it to your life, etc., until you really have it mastered. Memorize important material through repetition when necessary, and once you feel you have it mastered, study it a little more to help improve mastery and retention.

4-Reminiscence

You perform a task better when tested some time after it has been learned as compared to immediately after learning it. This suggests you might try to finish studying a few hours prior to an exam rather than studying the same amount of time right before the test.

5-Deep Information Processing

Deep processing of information occurs when you focus on meaning, relate new knowledge to existing knowledge, and otherwise manipulate what you are learning (apply, evaluate, synthesize). In contrast, a surface approach (shallow processing) primarily uses rote memorization, or mindless reading and rereading. Deep processing facilitates learning and remembering, shallow processing can actually lead to less remembering than just reading with no intention of learning or remembering.

6-Avoid Multitasking

Research consistently shows that learning and memory suffer when you study while doing other things. Turn off the radio, TV, music, cell phone, Facebook, etc. and focus on studying. Use earplugs if necessary. You will get done faster and remember better.

Use Winning Study Strategies

7-Before You Study

- Schedule daily studying and homework time, and make this time "media free" (turn off

your cell phone, TV, music, Facebook, etc.).

- Make lists of things to accomplish during studying.

8 Before you study

- Think over and write out the steps needed to complete a given task.
- Write down information relating to study tasks and assignments (keep a study log and a “to do” list).

9-Reading

- Look over material prior to reading it, and write out a general outline of the major headings and subheadings that organize the chapter (usually readily apparent in bold or colored print). This helps create a memory structure to organize the new material you will learn. The more you already know about something, the easier it is to learn more.
- Read any difficult material until you really understand it. Don't just read, think about what you are reading. Ask yourself how the material relates to other things you know or have learned in class. Rereading the information is not useful unless you do more than skim the material. Try doing your highlighting of important points during the second reading, not the first, and again ask yourself questions about the material as you reread.

10 reading

- Use deep processing as you read. Generate real-life examples to apply the material.

Evaluate what you are reading, what is this section of the text trying to teach you?

Consider how the material is similar or different from what you already know.

• **After you read a section of notes, close them and try to remember what you have read. Then check to see what you forgot and review it again.**

- Don't just read over study guide questions. The process of repeatedly recalling material makes it more available in memory, so test yourself as often as you can.

11-In Class

- Review the previous day's notes, and other assignments before class.
- Attend class.
- If you don't understand something, ask the teacher about it during or after class or during her office hours.
- Take good notes and then review, organize, and clarify them. Comparing them with other student's notes may reveal errors or omissions.

- After class, take a few minutes to think about the lecture. What were the important points, and how do they relate to previous lectures and what you already know? Do this as soon as possible, even as you walk back from class.

12-Behaviors To Avoid

- Listening to music, watching television, *text-messaging*, or *surfing the internet* while studying. The research is clear on this, you learn less when your attention is divided.
- Spending too much time on key terms or summaries and paying less attention to other study aids (e.g., review questions).

13-Behaviors to avoid

- Highlighting too much text (not knowing what the important information really is).
- Studying with a friend that does not involve testing each other, answering review questions, quizzing each other, creating examples, or reviewing notes.

14-When You Study

- Study at a "desirable level of difficulty". Desirable difficulties are conditions that require effort, create difficulty, and lead to more durable and flexible learning. For example, vary your study conditions (e.g., study in different rooms), space study sessions, and generate examples, questions, and answers as you study.
- Generate examples to apply the material. Deep information processing occurs when you relate new knowledge to existing knowledge and otherwise manipulate what you are learning.
- Memorize appropriate material through repetition.

15-When you study

- Answer all questions in the study guide, and so ***repeatedly and thoroughly***.
- Use practice exams to quiz yourself, not as something more to study. Put away your book and notes, answer the questions, then go back and see what you need to study more.
- Use a study partner (ideally someone doing *at least as well as you in the class*), try to explain the material to each other, and quiz each other as you study.

16-When you study

- Make good note cards. A good card might read "Provide an example of ____." Try to create a new example each time you go through the cards, relate the example to your own life, and try to explain to yourself why this idea exists or works.
- Study for the type of test. If you need to know definitions, make flash cards. For multiple choice tests, try to find multiple choice practice exams. **For short answer or essay questions, practice writing what you know.**
- After taking an exam review the items you missed, including items you guessed at and got right.