

How to Study (AVID.org)

Pick at least 3 strategies from each column. Leave as much time as possible to use the activities in the **active strategies** column.

Passive strategies (use sparingly*)	Active strategies (better)	Active strategies with feedback (best)
<p>When should I use these strategies?</p> <p>Use the strategies below as a <u>first step</u> in your studying. Try these throughout the semester as you are reviewing.</p>	<p>When should I use these strategies?</p> <p>The strategies below should take place at least a week before your exam, but have ideally been happening all semester.</p>	<p>When should I use these strategies?</p> <p>These are most effective because they give you instant feedback (either you know it or you don't) and require your brain to do the most work. Intersperse these over time for the 4 to 6 days leading up to your exam.</p>
<ol style="list-style-type: none"> 1. Reread textbook 2. Reread notes 3. Highlight notes/text 4. Read study guide 5. Rewrite notes 6. Read/watch Sparknotes, Khan Academy, Crash course, etc. 	<ol style="list-style-type: none"> 7. Make study guide 8. Make flashcards/quizlet 9. Make concept maps 10. Organize and/or illustrate notes 11. Complete review packet (without checking answers) 12. Attend review session or study group 	<ol style="list-style-type: none"> 13. Quiz yourself with quizlet/study guide/flashcards 14. Take practice test check answers 15. Redo old tests or homework and check answers 16. Have someone else quiz you 17. Complete review packet and check answers 18. Meet one-on-one with teachers to talk through strategies 19. Explain concept or process to someone

*Why should I use the **passive strategies** sparingly?

Studies show that study strategies that require your brain to “produce” information, an answer, or an analysis, are much more effective than ones that simply require you to comprehend something you are reading. Your brain might be able to *recognize* what you are studying, which tricks you into thinking you know the material at a deep level. You may not be able to reproduce the information on your own or think deeply about it using passive strategies.

Study Tips

- ❑ Do not cram. Study for manageable amounts of time spread over multiple days.
 - ❑ Spacing out study sessions—focusing on a topic for a short period on different days—has been shown to improve retention and recall more than massed practice.
 - ❑ Creating flash cards that can be used for spaced practice and self-quizzing is effective. Students should create different piles when reviewing the flash cards. The cards they're able to answer immediately should be placed in a pile to review three days later; those answered with some difficulty should be reviewed two days later; and those that they answered incorrectly should be reviewed the next day.
 - ❑ Kang, Edward. "5 Research-Backed Studying Techniques." *Edutopia*, George Lucas Educational Foundation, 4 Apr. 2019, www.edutopia.org/article/5-research-backed-studying-techniques.
- ❑ Incorporate movement into your study routine.
 - ❑ Have a friend or family member quiz you while you go for a walk.
- ❑ Take care of yourself!
 - ❑ Drink plenty of water
 - ❑ Eat fruits and vegetables
 - ❑ Prioritize sleep when you are not studying
- ❑ Make a plan.
 - ❑ See the next page for one way to do this.
 - ❑ Start your plan by giving yourself a **self quiz** so you have a realistic idea of how much you have to learn and practice. Use your review guide or textbook to do this.

