

Study Smarter, Not Harder

What to focus on

What's covered on the exam?

Good courses build their assessments (assignments, quizzes, exams, projects) on lesson and course objectives.



Read the objectives to make sure you know what the assessments will cover. By engaging with the content and asking yourself questions as you read and study, the material will more likely stick in your brain:

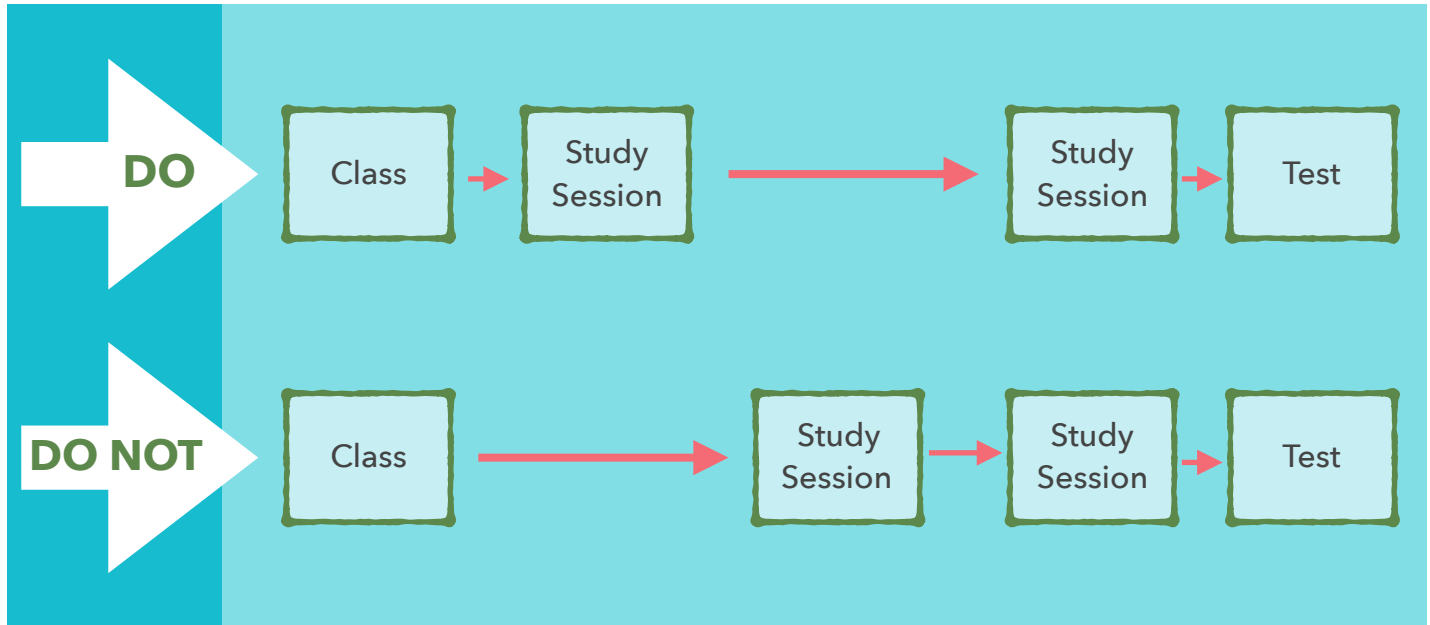
A vertical teal bar on the left side of the grid contains three white circles, each with a question mark. The first circle is orange, the second is green, and the third is white. The grid contains six light blue boxes with white borders, arranged in two rows and three columns. Each box contains a question prompt.

Do I understand what I am reading? Can I put it in my own words?	How does what I am reading relate to the lesson objectives?	How can I relate what I am reading to stuff I already know?
How would I describe what I'm reading to someone else?	Can I illustrate this material in a visual way - like a chart, a drawing, a table or diagram?	What questions do I have that would help me understand the material better?

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Practice time

When should I start studying?



Practice soon after class and don't wait too long before reviewing again.

Plan

Schedule for study and practice just like you would for meal or gym workouts. Then stick to it!

Practice

Take a practice test, use flashcards, pair up with a friend. Help each other or quiz yourself.

Take a Break

Review information from each class, and get a good night's sleep before you review.

Mix it Up!

Studying more than one topic per study session helps you retain knowledge.

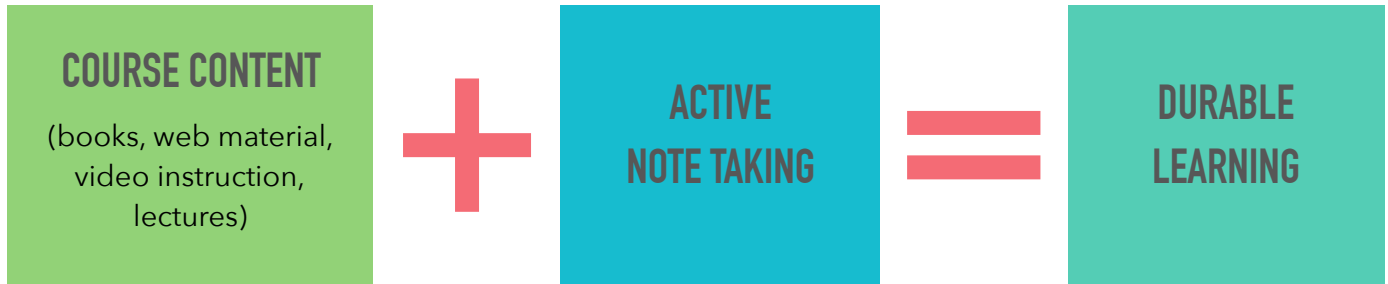
Make your Brain Work!

Don't just re-read your notes - this won't stick! Instead, practice retrieving important concepts from memory. Go back and review material you can't remember or have questions about and repeat.

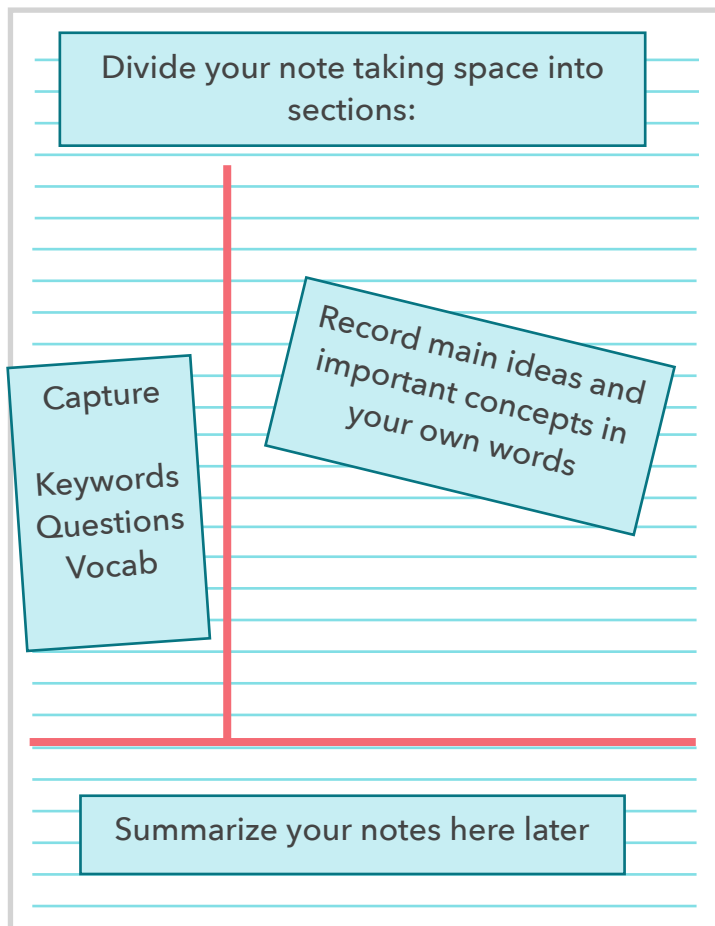
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Note taking for better learning

What is the best way to take notes?



Taking good notes will improve your recall and deepen your understanding of any topic.



MIND THE GAPS

When reviewing or revising your notes, identify gaps and work to clarify concepts. Ask questions, search the content, check with others.

CREATE VISUALS

- Build tables to compare concepts
- Map processes
- Create a concept map
- Draw diagrams
- Construct timelines
- Draw what you know from memory

