

# ACADEMIC SUCCESS PROGRAMS

## EFFECTIVE STUDY STRATEGIES

|                         | Instead of...  | Use:   | Apply:   |
|-------------------------|--|--|--|
| <b>When you study:</b>  | <b>Cramming:</b> feels like it works because you remember things short-term; but it doesn't work for remembering things long-term.   | <b>Spaced (Distributed) Practice:</b> Put time in between your session; study a little bit of new material each day to add to your mental "map" of content.  | Begin by reviewing what you studied last time, studying a bit of new material, & then reflect on how they relate. Use apps to study flash cards on the go. |
|                         | <b>Re-reading:</b> (unless you need clarification or additional information) creates familiarity with the words on the page and leads to over-confidence.  | <b>Practice Tests/Questions:</b> measure what you know so you know what to study more. Use short-answer questions over multiple-choice or vocab.   | Make flash cards asking short-answer questions to test what you know; try to answer the question fully before looking at the best                          |
| <b>How you study:</b>   | <b>Underlining:</b> is a shallow, passive process which leads to effortless re-reading & possibly skipping information because it was not underlined.  | <b>Notes Written as Questions:</b> are good for identifying main ideas of complex material; Notes are most effective if they are made to teach others the material.                                    |  |
|                         | <b>Summarizing:</b> encourages shallow re-reading strategies; Studies have found no effect between summarizing & remembering during testing.   | <b>Elaboration:</b> connect new information to things you already know; what you already know is more important than individual ability when it comes to learning.                                     |  |
| <b>Where you study:</b> | <b>Studying in the Same Places:</b> will help you remember during study time, but on test day you won't be where you studied; mix it up to prevent yourself from linking new information to your physical environment. | <b>Multiple Places for Studying:</b> be in the best mindset for studying by always studying in the same places; doing the same activity in the same place multiple times forms a link between the two. |  |

\*1 (Carpenter, Cepeda, Rohrer, Kang, & Pashler, 2012) \*2 (Roediger & Karpicke, 2006) \*3 (Carpenter & Pashler, 2007; Marsh, Roediger, Bjork, & Bjork, 2007; McDaniel, Roediger, & McDermott, 2007; Roediger & Karpicke, 2006) \*4 - (Bretzing & Kulhavy, 1981) \*5 (Anderson & Armbruster, 1984; Gaddy 1998) \*6 (Wittrock, 1991; Wittrock & Alesandrini, 1990)

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Bretzing, B. B., & Kulhavy, R.W. (1981). Note taking and passage style. *Journal of Educational Psychology*, 73, 242-250.

Carpenter, S. K., Cepeda, N. J., Rohrer, D., Kang, S. H. K., & Pashler, H. (2012). Using spacing to enhance diverse forms of learning: Review of recent research and implications for instruction. *Educational Psychology Review*, 24, 369–378.