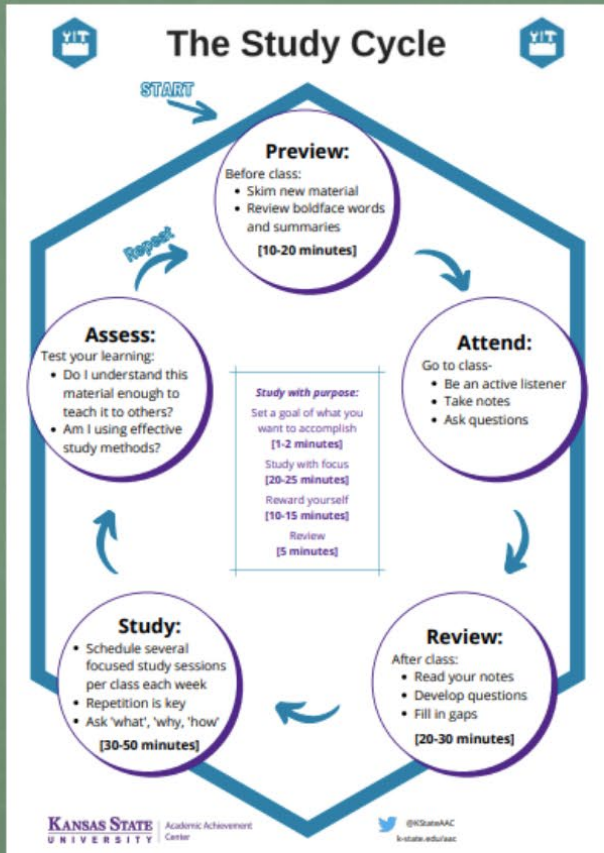


STARTER PACK FOR: STUDYING BETTER

KEY TOOLS

1. Review the Study Cycle to understand each part to studying and to get started early.
2. The Note Summary tool helps you review your notes after class and keep track of questions to get answered.
3. Use the 7-Day Study Plan to make a specific plan leading up to an exam.



Notes Summary

Directions: Use this template after each class period to help process what you learned in class. Compiling these after each class can provide a framework for you to start your studying!

Course: _____ Date: _____ Materials/Topics: _____

Material I Understand	Material I Need to Work On
Summary	

Seven Day Study Plan

Directions: Identify course content you know and incorporate concepts you don't know into your plan, ask questions, and gain clarification. Use the example below to model your own study plan on the second page.

General Study Tips <ul style="list-style-type: none"> • Don't spend more than 2 hours per night on one subject • Get sleep before the exam • Do your reading for the class when it is assigned • Review constantly during the term to take the weight off of a heavy exam period (summarize or key points from Cornell notes) 	Curve of Forgetting 	Exam Basics Time • Time of Exam: _____ • Length of Exam: _____ Format (check one) • Multiple choice • Essay • Other _____ What material is covered on the test: _____
Day 1 Organize! Make sure you have all your notes (class and textbook) in one place. -What topics are covered? -Chronological order. -Outline all material you need to study -Mark weak/strong areas under topics	Day 2 PROCESSING Day 1 General review over the concepts. Divide up what you will study on day 1 vs. day 2. -Half the material? Concepts that make sense together?	Day 3 PROCESSING Day 2 General review over the concepts. Divide up what you will study on day 1 vs. day 2. -Half the material? Concepts that make sense together?
Day 4 WHAT DO I KNOW? Do a study guide, practice test, or get quizzed over your notes. -Green: I know without my notes -Yellow: I know but need a vocab word to get started -Red: I don't know at all	Day 5 STUDY GROUP/ TUTORING/ OFFICE HOURS/ SUPPLEMENTAL INFO Review yellow items Get help on the red items	Day 6 STUDY GROUP/ TUTORING/ OFFICE HOURS/ SUPPLEMENTAL INFO Review yellow items Get help on the red items
Day 7 GENERAL REVIEW Put it all together Review the areas you know you are weakest Look for material not covered in the lecture or texts	Review Ideas: Green <ul style="list-style-type: none"> - Flashcards - Study guide - Quiz yourself 	Review Ideas: Yellow <ul style="list-style-type: none"> -Flashcards with a friend -Turn notes into sample test questions -Create a chart or diagram for the idea
Review Ideas: Red <ul style="list-style-type: none"> -Go back to the book to fill in details from notes -Tutoring @ Holtz Hall, Cardwell, SAS, etc. -Office Hours (pre-plan, send an email in advance) -Google the topic with "pdf" for other examples -Youtube -KhanAcademy -Find a friend who takes the class to help fill in gaps 		

PRO TIP!

Preparing early is key to studying better. Going over material several times over a longer period of time will help you remember more.