

Study with a purpose! Set a goal of what you want to accomplish in your study session. Focus on the materials for the designated time frame. Afterwards, reward yourself with a break.



Before class:
Skim new material
Review boldface
words and
summaries
(10-20 minutes)

Attend

In class: Be an active listener Take notes Ask questions



Repeat as needed!

Review

After class:
Read your notes
Develop questions
Fill in gaps
(20-30 minutes)



Assess

Do you understand this material enough to teach it to others? Are you using effective study methods?

Study

Schedule several focused study sessions per class each week (30-50 minutes)



