**INITIAL LEARNING**

<table>
<thead>
<tr>
<th><strong>Attend</strong></th>
<th><strong>REVIEW &amp; SELF-TEST FOR EXAM</strong></th>
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<tbody>
<tr>
<td>Attend class and take notes on material covered.</td>
<td>Revisit your notes after class and recite concepts each week. Teach the concept to someone else (in a study group, or 1-on-1) or practice reciting aloud.</td>
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<tr>
<td>Read the textbook and take notes of main ideas while reading (use any note-taking style).</td>
<td>Practice summarizing concepts aloud or in writing. Describe connections between the main ideas, names, dates, vocabulary, and other concepts and ideas.</td>
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<td>Identify steps needed to solve problems in the textbook.</td>
<td>Work through practice problems without looking at the answer or process.</td>
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<td>Focus some attention on the pictures, graphs, and graphics in your textbook or notes.</td>
<td>Redraw information from memory, or practice explaining the concept they illustrate.</td>
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<td>Make up test questions from texts, class notes, and other sources. What would you put on the exam if you were the instructor?</td>
<td>Answer questions, verify answers, and relearn information if you answer incorrectly. Did you get it right? Would you get full credit?</td>
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<td>Create a concept map or comparison chart to map out ideas, information, and concepts.</td>
<td>Practice talking through concepts and their relationships to one another without looking.</td>
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<td>Fill out existing study guides or create your own study guide.</td>
<td>Quiz yourself on study guide information (out loud or in your head)</td>
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<td>Make up a practice exam based on sample problems and ideas from across all course materials and chapters.</td>
<td>Take the practice exam in test-like conditions, analyze your results &amp; refocus on material you missed.</td>
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<tr>
<td>Make flashcards for key concepts, names, formulas, dates etc.</td>
<td>Practice your flashcards until you know the information in both directions (given side A, you can recite side B, and vice versa).</td>
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**EACH WEEK:**

- Find connections between your textbook and the lecture/class discussion. What concepts overlap, connect, or seem most emphasized?
- Spend most of your time with the new material from that week, but also spend a bit of time revisiting prior week’s problems, concepts, or topics. Regularly revisiting these will help you establish and retain them in your long term memory.
- Mix up ideas and concepts from different chapters when you review. This approach will more closely simulate a test scenario than if you review concepts in clumps.
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Oregon State University

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LEARN TO LEARN

Adapted from "PRR: Preview, Read, Recall - Sanger Learning & Career Center, University of Texas at Austin"

**PREVIEW**

- Make your reading more efficient and effective:
  - Spend about 5-10 minutes previewing the material. You can use this time to get a main idea of the reading. This will help you plan ahead and will improve your reading. You may find that you read more quickly and efficiently when you have a main idea of what you're reading.

**READ**

- Break up your reading assignment.
  - A short break if you're getting tired.
  - If possible, take notes on important concepts while you read or once you've finished reading a section.
  - Write notes in the margin. Use highlighting, abbreviations, and summaries to help you remember the material.

- Encourage active recall:
  - Make sure you understand the concepts in each section. If you don't understand something, go back to the previous section or ask your instructor or a study group.
  - Remember it later.

**RECALL**

- Test yourself:
  - Take a short break if you're getting distracted or unable to focus.
  - Break into manageable sections. Take a break once a time.

- Ask your own questions as you read:
  - What do you already know about the topic?
  - What do you need to know to understand the text?

- Preview the text:
  - Read and answer them with the information from the text.
  - Choose the book after a reading comprehension test.

- Read the section:
  - After you've finished reading, answer the questions in the text and see if you can answer them with the information you've read.
  - Underline key words or phrases, and sections that are important for understanding.

- Immediately:
  - Recalling something is actually recalling it within minutes unless we do forget much of what we read.
  - Remember the information. We recall and quiz ourselves so you can recall actively not passively, doing so will help you understand the material and remember it later.