

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

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.



Make your reading more efficient and effective:

PREVIEW

Preview so you can get a main idea of the reading. This will help you plan ahead with your reading and will prepare your brain to better understand and remember what you're reading.

- Spend about 5-10 minutes familiarizing yourself with the reading assignment
- Pay attention to these elements: title and intro; subheadings; diagrams, pictures, and charts; any summary, questions, or review at the end of the chapter
- Plan ahead for reading: what are the main ideas, how long will it take, what might you need to note for a test or paper?

READ

Read actively not passively. Doing so will help you understand the material and remember it later.

- Monitor your attention and understand regularly so you can ensure you know the concepts in each section.
- Underline key words or phrases, and write notes in the margin. Use highlighters sparingly. These actions help you if you need to revisit or find something in the text.
- If possible, take notes on important concepts while you read or once you've finished reading. Condensing the material into a "study-able" package will make it easier to review later.
- Break up your reading assignment into manageable sections. Tackle them one at a time.
- Take a short break if you're getting easily distracted or unable to focus.

RECALL

Recall and quiz yourself so you can remember the information. We forget much of what we read within minutes unless we do something to actively recall it immediately.

- Turn the heading or first sentence into a question and answer it after you've finished reading the section.
- Close the book after a paragraph or section and see if you can explain aloud the concepts and information in your own words.
- Ask yourself questions as you read and answer them with the information from the text (this is good practice for exams).

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



Oregon State University
Academic Success Center

LEARN
TO LEARN

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