



Breaking Down “Studying”

Studying ≠ Homework

Studying is acquiring knowledge and homework is applying the knowledge

Studying can be broken down into two parts: Reading the Textbook and Reviewing Class Notes

Reading the Textbook:

- This should be done PRIOR to attending class. Use your syllabus to be aware of the topics/chapters the professor is planning to cover.
- Take note of:
 - Bolded words
 - Headings/subheadings
 - Graphs, equations, and diagrams
- Be efficient in your reading and create a chapter outline!

Reviewing Class Notes:

- Review notes by:
 - Re-reading notes taken during class
 - Re-write notes taken during class
 - Creating flashcards
- Review notes RIGHT after class. There is proven research that within 1-3 hours after the class, you will forget 60-90% of the information if you do not review it!
- Create sample test questions from the lecture material.
- Write a summary and list of main points to use as an exam review.
- Create a review sheet or guide from notes.
- Create a Mind Map with the information. Look at an [example Mind Map](#).
- Rewrite in Cornell Format. Look at an [example of Cornell Format notes](#).

How often should you be studying?

Every day that you have class!

In terms of an athletic analogy, think of “class” as your opponent. Outside of the game itself, there are several additional steps to win the game!

What do you do before you face your opponent?

Scouting a team = reading your textbook before class.

What do you do after the game/match?

Reviewing game/tape = reviewing notes after class.