

Study Skills: Active Studying

Academic Success Center
Iowa State University

It is important to be effective while studying. This can eliminate wasted time studying without purpose or reason.

Habit: You study mindlessly. This can produce superficial learning which does not translate well on exams.

Solution: *Study actively*

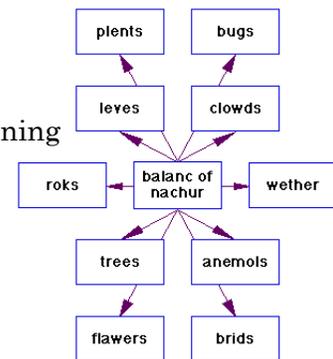
1) Set a learning objective for each study session.

This way you will know when you can stop for the day.

Example: today I will master the process of photosynthesis

2) Make a content map to organize the knowledge you are learning.

This will help you move into the higher levels of learning discussed on the Learning Pyramid.



3) Three Questions to Reflect on Importance of Material

Identify an important concept from your text or notes, then...

- Describe why it is important
- Write how it relates to your life
- List one question you still have regarding this concept

4) Consolidating Notes

- Gather all of your lecture and text notes. Combine to 1 single page. Master material.
- Once you have mastered all material, reduce information to 5x8 card.
- Finally, reduce information to 3x5 card
- Quiz yourself using the 3x5 card. You should now know all concepts and how they relate.

5) Create a highlighted color-coded note system to help remember important information.

For example: Yellow = people, Green = places, and Orange = dates.

6) Study difficult or “boring” subjects first.

The courses we find most difficult often require the most creative energy. Save your favorite subjects for later.

7) Promise yourself a suitable reward

Example: a piece of candy, a phone call, a walk whenever you finish something that was hard to undertake.

Adapted from
“The A Game”
by Dr. Kenneth Sufka