

Study Strategy

Try these steps for an effective study session.

Strategy Steps	Ask yourself...	Example	Your Steps
1. Goal Set a clear goal for yourself	What do I want to know by the end of my study session?	Understand the differences between long term memory and working memory	
2. Organize materials Get everything you need in one place	What materials do I need to have on hand? What do I need to get rid of?	Textbook, class notes, laptop, highlighters, headphones, snack, comfy spot	
3. Approach Choose an approach and tools that will work for your goal and your content	How should I approach this material? What's the best way for me to learn this material? What tools are available to me?	Check out some ideas on the back of this page	
4. Learn it Sit down, get started, stick with it	How will I get started and stay on track while I study? How will I get back on track if I get distracted?	Turn off the phone. Earphones in. White noise. Set a timer for 30 minutes.	
5. Self-evaluate Ask yourself if you met your goal	Did I meet my goal and learn what I needed to learn? How do I know that I know it?	I know because I can name 4 key differences between long term memory and working memory.	

Study Tools

Consider these study tools to help you reach your goals.

Tool	One way to use it	Electronic Options	Paper Options
Cue cards	Include images, definitions for quizzing in groups	www.studystack.com	Coloured cue cards
Summary notes	Organize notes around the course outcomes, themes, or chapters	Word	Write them out
Organizational tables	Compare ideas or organize information	Excel or Word	Draw it out
Mind maps	Cluster and compare ideas	Inspiration	Draw one out
Practice quizzes	Have you and a friend write a quiz and swap		
Textbook resources	Do practice questions or read the table of contents for the main ideas	Online options	The textbook
Discussion	Talk about main ideas, details, examples, questions		

Memory Tips

Use these memory tips with any tool, any time, any subject.

Tip	Example
Mnemonics and Acronyms	SCUBA. PN.
Visualization and Association	Close your eyes and see it. Associate it with something funny or memorable.
Make meaning	Add examples from your own experience
Varied repetition	Mix it up. Read out loud. Explain it to a friend. Sing it. Practice it.
Teach someone else	Teaching someone else proves that you know it.
Connect it to what you already know	How does it connect to what you already know?
Multiple exposures	A little bit each day is better than a lot at once.