

STUDY STRATEGIES

Do you want to improve your academic performance but don't know where to start? We recommend you try the study strategies below:

1. **Preview** what you are about to read
 - Previewing the headers, bold words, outline and terms can give you a head's up as to **what to expect in your reading**.
2. Come Up with **Questions** that you want the reading to answer for you
 - Creating questions helps you pay more attention to what you are reading, because **your brain is searching** for something specific!
3. **Paraphrase** each paragraph at a time
 - Paraphrasing each paragraph or reading section lets you read the information, determine what is important, and **put the information into your own words**. Contrary to popular belief, highlighting is not helpful because your brain is trying to do too much at one time (Gier, Kreiner, & Natz-Gonzalez, 2009)
4. Read actively and create **concept maps or outlines**
 - Creating a concept map or outline helps you **organize the information**
5. Use your **textbook** (even if it is not required)
 - Yes, we can assure you the textbook is helpful! It can help fill in the **missing pieces** from class
6. Go to Class and take notes by hand
 - **Class attendance is important**. Whether it's in person, online, or a video, attending class is a foundational step to succeeding in college
7. **Do homework** without using solved examples as a guide
 - This one is tough! We know you want to use the solved example as practice, but your brain won't be able to remember the connections on how to problem solve that way. Instead, **take each problem step by step**, not just looking at the final answer.
8. **Teach class** material to an audience (real or imaginary)
 - It doesn't matter if it's your classmates or just stuffed animals, teaching material to an audience will help you organize information, put lessons in your own words, and help you recognize if you have any **comprehension gaps**.
9. **Work in groups** or pairs
 - Another student may explain something if you do not understand it correctly. You can also **hear how others frame course work** or tricks they use to remember material.
10. Create or utilize **practice exams**
 - Practice exams **reinforce, deepen, and enrich your learning**. They also force you to look at all the material that will be covered in the exam, not just focusing on one topic or section.

McGuire, S.Y. (2018). *Teach Yourself How to Learn: Strategies You Can Use to Ace Any Course at Any Level*. Sterling, VA: Stylus Publishing, LLC.

Gier, V. S., Kreiner, D. S., & Natz-Gonzalez, A. (2009). Harmful effects of preexisting inappropriate highlighting on reading comprehension and metacognitive accuracy. *The Journal of general psychology*, 136(3), 287-302.