Study Techniques That Work

Learning occurs in the three ways listed below.

- Visual learning occurs when we take in and process information primarily through sight
- Auditory learning occurs when we process information primarily through hearing it
- Kinesthetic learning happens when we process information primarily through movement

You might be an auditory learner if you remember things better if you hear them than if you read them; can follow spoken directions better than written ones; and say every word in your head as you read silently.

If this is you try……to learn most effectively:
- reading and repeating points out loud
- listing the steps of a task out loud
- learning from lectures and tapes
- discussing concepts with others

You might be a visual learner if you learn best from reading; like to see things written out; and picture things in your head to remember them.

If this is you try……to learn most effectively:
- watching the teacher & taking notes
- drawing out diagrams, or charts
- organizing, rewriting, highlighting, or color coding notes
- visualizing words or facts to be memorized

You might be a kinesthetic learner if you enjoy hands on learning; your good at puzzles and mazes; and you can often put things together without instructions.

If this is you try……to learn most effectively:
- memorizing or drilling while walking, pacing
- making lists or writing things out several times
- using computers and hands on study aids
- learning by doing and practicing, or by role-playing

How to Remember

1. Make sure you understand the material initially
2. Reinforce learning by completing the homework in a timely and thorough manner
3. Review material the same day you learned it
4. Review all material periodically after this initial review
5. Ask the teacher questions regarding areas you are still uncertain of
How to Study

RRR—Recite-Repeat-Rhythm
Recite—Don’t just use your eyes, use your voice. Read aloud. Sounds funny, but hearing the words will help you learn quicker and more deeply.
Repeat—Read it, read it again. Read it the next day and the day after that. You will learn it. A young child can learn his/her favorite book through repetition.
Give it Rhythm—Learning certain material can be made much easier through rhythm. Say, it, walk around, do a little jig. Make it come alive. Add some rhymes and it will be even better. You remember 90% of what you do and your brain thrives with rhymes.
Take advantage of how the brain works

Develop an image when studying

Picture North and South Korea as a peanut butter and jelly sandwich. Ok by themselves, but better when they are combined. The North has better resources, while the south has a better economic system. They would be better off uniting. Jelly on a piece of bread is ok, peanut butter on a piece of bread is ok, but together they are better. This image helps you learn. Try it with your material.

Color Coded Notes
Use the following system while reviewing notes for a test. Review your notes completely highlighting the material that you know the first time through. Use the 3 R’s as you progress to increase retention. Go through your notes that have not yet been highlighted. Again the items you are now certain of highlight in a different color. Repeat this process until all your notes are colored.

Use Memory tricks to Help You Remember
HOMES—Huron, Ontario, Michigan, Erie, Superior (Great Lakes)
Make a study schedule

- Studying should be done in small chunks and occur frequently. Cramming the night before is not the way to go.
- All information has to be studied more than once.
- Space out study sessions. Study the same material for 15 minutes on four different days is more effective than studying that material one time for 60 minutes.
- Reviewing notes daily. Reviewing notes is far different than simply reading your notes.
- Study most important material first
- Use night with little "homework" as opportunities to study without being overwhelmed.

General Tips for Studying

- Organize and structure the material you are trying to learn. You must learn main ideas first and then the details. Once you thoroughly understand the general concepts, the details will come fairly easily. Learning a large amount of random seemingly unrelated information is extremely difficult. The material needs to have a structure and be organized.
- Relate to the material—relating difficult material to your own experiences will facilitate understanding and retention. This is easier with some material than others.
- Try to anticipate questions that will be asked on the test and prepare for them. Usually what your instructor emphasizes in class should receive a great deal of attention.
- Reading or writing short summaries of reading material is helpful.
- When reading/studying text—
  - asking yourself questions is helpful, follow up questions with answers  
  - preview chapter (headings, pictures, charts) before studying text
- Vary the technique you use to approach the material being studied. Varied studying techniques on the same material have better results than studying the same material the same way.
- Recitation is very helpful—summarizing material repeatedly to yourself out loud is usually most effective.
- Testing with flashcards is very effective for more memorization type learning.
Maintaining Concentration/Beating Procrastination

**Workspace**
Set up a workspace that rocks! A nice clean desk, table, proper lighting...

**Timing**
Make the time of day when you are most focused your study time.

**Treat yourself**
Snack on some nuts, grapes, or crackers once you accomplish various items on your list.

**On the go**
Find several quiet places to study. Moving locations may help you refocus if your attention starts to wane. Studying in your room, then the kitchen table, and finally the basement cushy chair is fine.

**Focus on feeling good.**
Nothing feels better than doing the right thing. Make yourself and family proud of your performance.

**Eliminate distractions**
Turn off the computer, cell phone, Wii, DS, and TV. When you try to divide your attention between two things, one or both tasks will suffer.

**Get enough sleep**
Sleep deprivation makes maintaining concentration much more difficult.

**Exercise**
Five minutes of activity can wake up reinvigorate your brain.

**Use Timers/mini-goals/rewards**
A kitchen timer or alarm clock can help you stay in working mode. Give yourself a set time to complete a task. Work diligently for that time. If you met your objective—relax for a few, reward yourself then start again. Remember your brain has limits on how long you can effectively study.