

## Study skills 101- How to effectively learn new information

### Fact: \_\_\_\_\_ **IS NOT STUDYING**

- Simply reading and re-reading texts or notes is not \_\_\_\_\_ in the material- it is simply \_\_\_\_\_ your notes
- \_\_\_\_\_ or underlining text helps keep you engaged in the task but is \_\_\_\_\_

### Keys to successful studying

- Make a daily \_\_\_\_\_ and stick to it
- Study for \_\_\_\_\_ periods of time (~15 min.) over several \_\_\_\_\_ and \_\_\_\_\_
- While studying \_\_\_\_\_ - distractions- **TURN YOUR PHONE** \_\_\_\_\_
  - Social media, web browsing, game playing, texting, etc. will affect the \_\_\_\_\_ of your study sessions
- Use \_\_\_\_\_
- Do not limit yourself to only \_\_\_\_\_ technique
  - Different techniques might be helpful in the learning of \_\_\_\_\_ material/subjects
- **DO NOT** \_\_\_\_\_ MATERIAL – \_\_\_\_\_ information (flash cards specifically) is the only way to study

### Active Studying Techniques

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_

### Test Taking Strategies

\_\_\_\_\_ you have completed active studying techniques, using quizlet, quizzes, or kahoot etc. would be a way of \_\_\_\_\_ information that you have learned.

- \_\_\_\_\_ **dump** – write any and all information you need on \_\_\_\_\_ of scan-tron or scrap paper to refer to while testing
- **Go with what you know** – answer the questions that are \_\_\_\_\_ for you \_\_\_\_\_, and work through to those that are more challenging \_\_\_\_\_