These Study Techniques Work

- **Nice significant others (or anyone!) who quiz you** and force you to go into detailed explanations. Remember: You have put the questions in the margin of your notes for them to ask (Remember: You are a much better predictor of Q's for this class - you know the teacher and can put yourself into his/her shoes).

- **Test Q's** - Practice tests are great! You would not go into an interview cold and you would not go "on stage" without proper rehearsal. This is the same kind of thing you have a test that you know to be similar to the "real thing". We make up practice tests in this class. But, outside of this class, your job is to predict Q's in margin of notes and from the text. Also, a group of four can each make up 5 Q's for a 20 Q practice exam!

- **Summaries of chapters** - Condensing information makes you organize the chapter into manageable sections. Outlines help to distinguish major points from sub points. Grouping/chunking information helps too!

- **Quizzing each other prior to exam** - that morning, the night before, etc. Group/pair studying really works. You can remember certain things that your partner/group had said while you are taking an exam. Also, this method helps to get the information into LTM since you are teaching each other and must understand material to do so! This is a higher stage in learning theory above that of role memorization. (You want to avoid role memorization as much as possible since this does not allow you to really know the material - It is usually only STM).

- **Visualizing** the diagrams, charts, concept maps, summaries that you have made up. Then, during the exam, you can "flip through" these pages in your mind.

- **Remember what you know about pathways to the brain**. There are different ones for visual, auditory, and kinesthetic (touch) and so the more pathways you use the better you will remember the information. As a rule: The more senses you use while learning, the more you will retain (and into LTM!).

- **Specific mnemonics that are working for this class** include acronyms, acrostics, chunking/grouping, stories and visualizing/imagery.

- **Look again at the following in the course reader**: the 12 memory techniques, the types of learners, and the specific mnemonics.

- **Looking at pictures** ("a picture is worth a 1000 words"); Example, handouts from both classes, coloring books, several sources (Netter, A & P texts, etc.).

**THINGS THAT DO NOT WORK:**

Procrastination, Stressing, Anxiety