

## **How to Study**

### **HOW TO STUDY READING ASSIGNMENTS**

- Review the assignment prior to reading it: Skim the chapter outline and chapter summary.
- Formulate or review questions on the material prior to reading the assignment.
- Read the material in an alert and reactive manner: Stop to think about basic ideas.
- State in your own words the material you have just read: Notes will further your understanding and help your memory.
- Test yourself on your comprehension of the material: Review your notes and pinpoint areas which you need to read again.

### **HOW TO LISTEN EFFECTIVELY TO A LECTURE**

- Review your course outline and preview the topic: Try to read course-related material prior to the lecture and to gather your thoughts on the topic.
- Listen effectively by concentrating and thinking about what is said. Ask yourself: Do I really understand these concepts or this information.
- Take notes on ideas and implications of ideas: Be brief and put the lecture material in your own words, writing legibly.
- Systematize your notes as soon after the lecture as possible. Place them in a separate folder.
- Review your notes as soon as possible following each lecture. Pinpoint trouble areas and clarify either with your professor or a classmate.
- Summarize the lecture once you understand the material thoroughly. Review again and again those areas in which you have difficulty.

## **SOME PSYCHOLOGICAL FACTORS TO CONSIDER IN LEARNING**

- **Motivation:** Are you really interested in this material? If not, can you see its relevance to your major?
- **Concentration:** Are you focusing your full attention? Is the environment (including the telephone and other people) too much of a distraction.
- **Reaction:** Are you thinking about what you are reading? Is fatigue interfering with your ability to think?
- **Organization:** Do you see the overall theme of what you are studying? Do you see how the pieces of information fit together or is it still a puzzle?
- **Comprehension:** Are you obtaining a gradual understanding of the material, or are you still confused?

If you or someone you care about would like more information, come in and speak with a professional counselor in 0203 James Hall.

All services are free and confidential.

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