

Study Pathways

Equip yourself with a variety of techniques to optimize the ways you study. Use the strategies below to develop a study plan that works best for you.

Reading

- **Narrowing** - Your brain cannot memorize entire chapters; narrowing topics down to main concepts allows for easier studying. Consider writing a review sheet of important points as you move through a reading assignment.
- **Highlighting** - Highlight important definitions and key concepts to make them stand out. Remember: highlight only 10% (or less) of a page.
- **Annotating** - Much like narrowing, writing a summary where you put the reading into your own words is a strategy that help you understand concepts better.
- **SQ3R** - Survey, Question, Read, Recite, Review – This mnemonic device can help you combine elements of various strategies into one approach.

Writing

- **Flashcards** - Making flashcards is a form of studying. Write down important definitions, key facts, and equations on each card. Do not make one card too cluttered. Electronic options, such as Quizlet, are available too.
- **PowerPoints** - Creating these can be helpful in summarizing chapters, which can be efficient when going back to study.
- **Mind/Concept Maps** - If you are more of a visual preference learner, create a mind map to help you graphically organize material. Electronic options, such as bubbl.us or mind42.com, are available.
- **Review Guides/Cheat Sheets** - See "Narrowing" and "Annotating" above. Anytime you summarize and organize material in your own words, it helps you learn.

Speaking

- **Tutoring & Study Groups** - Allows you to ask questions, have concepts explained, and hear additional perspectives from other students. [Hint: Try Study Stop or other campus resources!]
- **Office Hours** - Your instructor has these for a reason: YOU. Get additional questions answered and discuss topics more in depth.
- **By Yourself** - Allows the opportunity for you to communicate concepts and hear any mistakes you may need to fix.
- **Teach a Friend** - Explain a concept to a classmate in your own words. This illustrates that you have a firm grasp on the idea.

Testing

- **Ask Friends** - Find a study friend/group and quiz each other on what you know.
- **Practice Problems** - These are a great way to practice what might be on the exam.
- **Use Flashcards/Quizlet** - If you create flashcards in Quizlet, it will turn that material into test questions. This is a great way to study if you will be taking tests online. (Note: Quizlet also has a free app for your phone.)
- **Create Your Own Test** - Know what thinking level you will be tested at, then create your own exam. Put yourself in your instructor's place and try to replicate the test you will eventually take.

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My Study Plan

I am currently enrolled in _____ credit hours, **so I will have at least _____ study hours designated weekly.** (Remember: Credit hours x 2 = approximate number of study hours you should have each week)

Two locations where I will study are:

Study Pathways:

Under each column, circle a strategy that I specifically plan to use:
(Keep in mind that you may study differently for different courses.)

READING:

Narrowing

Highlighting

Annotating

SQ3R

WRITING:

Flashcards

PowerPoints

Mind/Concept Maps

Review Guides/Cheat

Sheets

SPEAKING:

Tutoring/Study Groups

Office Hours

By Yourself

Teach a Friend

TESTING:

Ask Friends

Practice Problems Use

Flashcards/Quizlet

Create Your Own Test

Study Allies – Who I study with:

When needed, 2 peers and 2 mentors I plan to consult:

Peers:

Mentors:

Our peers are:

- Our classmates
- Those who have previously taken the classes we're in
- Students in our extracurricular organizations
- Tutors & study group leaders

Our mentors are:

- Instructors
- Teaching Assistants (TAs)
- Other campus faculty/staff
- Tutors

Helpful Hints:

- Develop a routine. Establishing habits of where, when, and how you study helps you focus. (Use your time management here!)
- Having trouble getting started? Set a timer for 10 minutes and jump in. (Usually we will keep going once we get started.) OR – Try the “5 More Rule.” Commit to working solidly for 5 (minutes, pages, sentences...) and then **do it.** Then decide to work another “5 More” or not.
- Remember the **3 Step Review Process** anytime you learn something new. (Review it: the **same day** you learn it, the **next day/by next class**, and **weekly** – until the end of the semester.)

VARK Learning Styles/Preferences - <http://vark-learn.com/the-vark-questionnaire/>

Be sure to look at the strategies pages for the 4 areas (Visual, Auditory, Read/Write, Kinesthetic) + Multimodal!