



## What is studying?

Studying is an **active** process of learning, understanding, identifying, memorizing and applying information, all while transferring this information into long-term memory. This process takes time.

Studying is NOT re-reading notes and textbooks a couple of times. This is a **passive** process.



## What is cramming and why doesn't it work?

Cramming is trying to learn a large amount of information in a short time (usually the day or night before a test).

It doesn't work because our brains cannot handle the overload of information and it takes time and repetition for information to move and stay in our long-term memory.

## Active Studying

#1 Time and organization: Active studying requires lots of time. Start early and create a study schedule. Work in smaller sections with breaks, instead of trying to do it all in one marathon session.

#2 Identify what is important: You cannot study everything. Determine what areas you think will be on the test/exam based on prof's remarks, lectures, and key ideas in textbook.

#3 Create study notes: Study notes should be based on lecture notes and textbook reading, but should not be repetitive. Put the notes in your own words and aim for condensing as much as possible. If you are only going to directly copy, there is not much point in making study notes! (see the "formula" on the back cover)

#4 Understanding: One key to remembering something is to understand it. Memorizing is important for some things, but it is usually better to strive to understand the material. Try to put it in your own words, teach it to someone else, and/or relate it to something from your own experiences.

#5 Learning: The more active learning is, the more likely you are to remember something. Read the information out loud, create memory cues (mnemonics), link ideas together, use flashcards, look for the big ideas and fill in the details after, recite in your own words, rewrite ideas....You have to DO something with the information. Don't just re-read things!

#6 Practice Tests: Many textbooks provide a website that offers practice tests and study guides or you can create your own practice tests, based on your study notes. Do these at least 24 hours before the test, but after you have already studied, to give you an idea of how prepared you are.