

Study Techniques the 'A' students use

It's not how much you study; it's how you study.

Each student will leave class with different notes and different understandings of the concepts. Together you both are stronger than alone.

- Are you studying in a group? 2-4 is ideal size.
- Are you making up questions and quizzing each other? Pretend you are the teacher and make up test questions.
- Are you explaining things to each other? Live by the motto: "If I can't explain it... then I don't know it."

SIs are Supplemental Instructors. These are students who have taken the same course you are taking just a semester or two earlier and done well. Usually they are 'A' students. They know what the instructor likes to emphasize. They know how to study in such a way as to retain the information. They are available to share their formula for success with you.

- Are you attending SI sessions?
- Are you using similar study techniques in your study group?

Are you taking good notes from lecture?

- Outline format?
- Complete thoughts?
- Leaving room to add more notes from study group or text or other source?

Are you building a vocabulary of key terms?

- Can you define each term?
- Can you explain the term to someone else – preferably someone who is also enrolled in the course?
- Flash cards are great for this. Know them forwards and backwards. If you don't know the words how can you possibly understand the questions and answer choices?

One exposure to new information is usually not enough to actually learn it. Are you getting a 2nd or 3rd exposure such as your text or the Interactive Physiology CD?

- Are you reading the portions of the text relevant to your study guide topics?
- Are you using relevant portions of the Interactive Physiology CD?

Do you have pictures in your head? E.g. cell membrane, osmosis, chemical synapse, bone tissue, muscle contraction, cerebral cortex, etc.

- Can you draw an image on blank paper?
- Can you label the structures with proper names?
- Can you "Tell the story?" Can you explain the process?

Several shorter sessions on the same topic over a period of days are much better than one long one the night before the exam.

- Are you studying in multiple sessions?
- Are you practicing over and over and over until you never get it wrong?