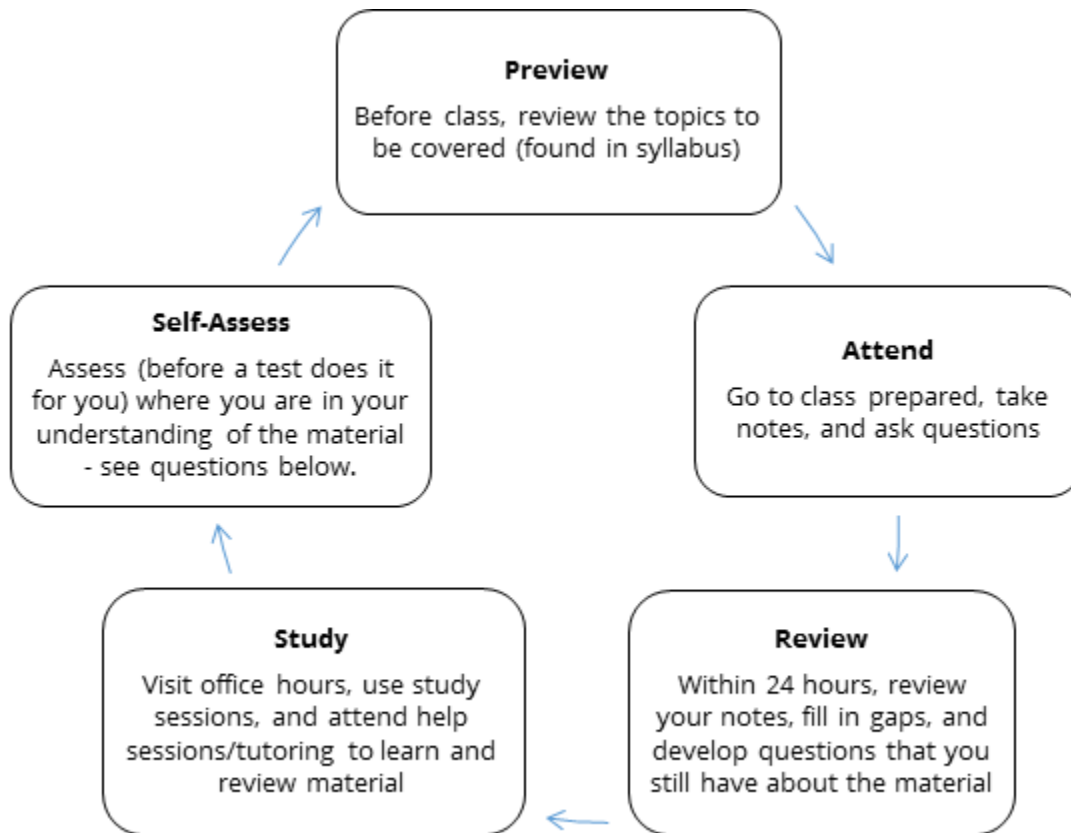


Studying as a Continual Process



Adapted from Frank Christ's PLRS Learning System

Self-Assessment Questions:

- Could I briefly summarize what I just studied?
- Do I understand the main points, steps of the processes, or how to apply the concept?
- Can I do my homework without looking at my notes or the textbook?
- Could I teach this material?
- Could I take a test on this right now?



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Studying as a Continual Process

Study Sessions - Suggested Format

- *Prepare (1-2 minutes)*: clear your environment of distractions; set a realistic goal for this study session; get everything you need out and ready for the study session
- *Focus (30-50 minutes)*: Actively study by engaging with the material - choose one or more of the following
 - Link lecture and text notes by creating one study tool to review.
 - Use active reading strategies, like SQ3R.
 - Work practice problems, especially without a solved example.
 - Develop example problems and a guide for the process behind the example for better understanding.
 - Read the text/lecture notes and summarize verbally what you are reading.
 - Teach the information to assess your own level of understanding.
 - Develop a concept map, matrix, or outline to organize the material and link ideas.
 - Discuss material with a study group.
 - Quiz yourself over your lecture and textbook notes with a whiteboard, flashcards, or by making a practice test.
 - Reflect on your past exams and create new questions similar to your professor's style to test yourself.
- *Incentive (5-10 minutes)*: Reward yourself for a successful focused study session by taking a break, going on a walk, or checking your phone, etc.
- *Reset (1-2 minutes)*: Reflect on what you accomplished during your focused study session, self-assess, and set a new study goal or plan when you will study next.

Adapted from Sandra Y. McGuire's Intense Study Sessions



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