TODAY’S AGENDA

- Assessing your study skills
  - Strategies for “Studying Smarter”
- Identifying unsatisfactory study habits
- Setting study goals
  - Assess with a Study Log
- Questions?

Goals:

1. Learn effective study habits that can lead to being successful in courses.
2. Apply one or two new strategies to improve study habits.
3. Implement and assess study goals.
STUDY SKILLS INVENTORY

- Rate yourself on a scale of 1 (skill that is in need of further development) to 5 (skill that you have developed well) in each of the competency areas.
  - What are your academic strengths?
  - In what area(s) would you benefit from developing your study skills?
DESCRIBING SUCCESSFUL STUDENTS

- Research shows that successful students do two important things:
  1. See studying as a process.
  2. Have a number of study habits, or tools, that they know how and when to use.

Strategies adapted from Tools of the Trade: the Habits of Successful Students
http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm.
“Studying Smarter”
Step 1

- Decide what you want to do:
  - How does the course fit into your college plans?
  - Develop goals.
  - Develop a weekly study schedule.
  - Allot 2-3 hours of study time outside of class for each hour in class . . . each week.

Strategies adapted from Tools of the Trade: the Habits of Successful Students
http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm.
“STUDYING SMARTER”
STEP 2

➤ Know how to use your tools:

- Review lecture notes daily.

- Take notes on the readings.

- Read the book before attending lecture.

- Read a little each day.

- Get independent of books and notes.

Strategies adapted from Tools of the Trade: the Habits of Successful Students
http://www.mrs.umn.edu/academic_psychology/psy1051/habits.htm.
“Studying Smarter”
Step 3

- Develop a plan:
  - Set goals for each study session.
  - Know when you need help.
  - Seek help!

Strategies adapted from *Tools of the Trade: the Habits of Successful Students*
http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm.
“STUDYING SMARTER”
STEP 4

➢ Evaluate

☐ Look at the big picture:

  • Are you spending enough time on your studies?
  
  • Did you get the grade you were expecting on the last exam?
  
  • Do you understand what you read?

☐ If you answered “no,” seek assistance from your professor or the Learning Resource Center.

Strategies adapted from Tools of the Trade: the Habits of Successful Students
http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm.
Study Habits that Contribute to an Unsatisfactory Grade:

- Read the entire chapter two or three days before the exam, all in one sitting.
  - Short-term memory trap

- Do not plan study times.
  - Late-night studying

- Do not plan goals for study sessions.
  - Time wasted

Strategies adapted from Tools of the Trade: the Habits of Successful Students
http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm.
Study Habits that Contribute to an Unsatisfactory Grade:

- Study by memorizing key concepts and vocabulary words.
  - Shallow learning
- Do not take notes on readings.
  - “Dream reading”
- Choose to skip class or not take notes during lecture.

Strategies adapted from Tools of the Trade: the Habits of Successful Students
http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm.
Study Habits that Contribute to an Unsatisfactory Grade:

- Study in ineffective groups.
  - Group members used ineffective strategies

- Read the textbook in an ineffective manner.
  - Effective reading takes time
  - Academic reading vs. novel reading

Strategies adapted from Tools of the Trade: the Habits of Successful Students
http://www.mrs.umn.edu/academic/psychology/psy1051/habits.htm.
**Setting Study Goals**

- **Being a student is a full-time job!**
  - A/B students devote 2 or more hours of study time outside of class for each hour in class.
  - Using this formula, set some realistic study hour goals for each of your courses this semester.
  - Total the Out-of-Class Study Commitment for all of your courses.
  - Now track your progress using the *Study Log* for at least one week.
  - Assess your Out-of-Class Study Time and make changes to your weekly schedule.
Questions?

If you have unanswered questions or need further assistance, please contact us at the Learning Resource Center, Jordan Hall – Room 136!