

Successful Learning Strategies

SLS-Study Strategies 1

FACTORS THAT INFLUENCE STUDY EFFICIENCY

Location

1. Do you have an effective place to study?
 - Consistent Location(s) for study
 - Table/desk with adequate room to spread out
 - Location for books, notes, & equipment for study
 - Ergonomically sound work station (desk and chair of appropriate height and comfort)
 - Appropriate lighting, heat, ventilation
 - Location where you can control visual and auditory distractions

What improvements might you make in the place where you study?

Time

2. Do you make the most of your study time?
 - Consistent time(s) for study each day
 - Times when you're most alert and efficient
 - Periodic breaks to prevent fatigue (every ½ - 1 hour)
 - Specific plans for scheduled study periods
 - Adequate times for exams and tests

What can you do to improve your use of time?

Learning Style

3. Are you strongest as a visual, auditory, or tactile learner?
 - Visual learners tend to read rapidly and well and can follow written instructions effectively, but may miss oral instructions and cues.
 - Auditory listeners attend well to oral instruction and can follow lectures effectively. May be a slow reader and last to finish tests.
 - Tactile learners are adept at “hands on” activity and can remember what they have touched; may have difficulty with sequencing oral and/or written instruction.

What can you do to build efficiency in the other areas? (A large base of knowledge tends to help one be successful in future learning.)

Study Strategies

4. Do you use effective test preparation strategies to optimize your study results?
 - Know when exams and tests will be given and when assignments are due.
 - Know what topics and contents are to be tested on exams.
 - Analyze the instructor’s testing style by using old tests, handouts and class notes.
 - Be alert to verbal and nonverbal cues that indicate what is likely to be tested.
 - Use a self-testing or test-rehearsal strategy for studying.
 - Allow time for regularly spaced reviews.
 - Form a study group that is serious and committed to learning.

How might you improve your test preparation ability?

Prior knowledge and background

5. How does prior knowledge gained through work and/or school provide a foundation for current learning?
 - Always compare and relate new information with what you already know (especially when memorizing).
 - Build a strong framework for new learning by reading widely.

How have your past educational experiences prepared you for the curriculum at Palmer College?

Use of resources

6. Do you make effective use of your class notes, texts, handouts, and other printed resources?
 - Date and title ***every page*** of class notes you take and every handout distributed in class.
 - Periodically compare your notes with a classmate's to ensure accuracy and completeness.
 - Edit notes to correct spelling and to clarify new terms. (Rewriting notes is not always a productive use of time.)
 - Make up practice test items and questions focusing on the content of your class notes and handout materials
 - Develop charts and tables to help you self-test on material with common patterns or repetitive formats.
 - Use "hypertextual elements" – subtitles, chapter objectives and summaries, bold or italicized words, chapter questions, etc. – to guide your text book reading.

How might your use of study resources be enhanced?

Physical and emotional health

7. Do you make effective use of the human and other resources that are available to help you succeed?
 - How might you develop relationships with your instructors, counselors, advisors, mentors, tutors, and other human resources in your life?
 - What are your expectations of these people?
 - Are you aware of the unique scheduling opportunities that can be tailored to your personal needs?

What change(s) might enable you to improve your studying and learning?

Reasons to Study

- ☞ learn the skills of my profession
- ☞ understand the world around me
- ☞ improve my mind
- ☞ build a knowledge foundation for advanced study
- ☞ gain respect of my peers and my community
- ☞ pass tests
- ☞ earn a good living as a professional