Study Skills
Counseling Center

• Accessibility and Disability Service
• Counseling Service
• Research Unit
• Testing Office

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Workshop Objectives

In this workshop, you will learn the study skills necessary to be an efficient student.
Topics

• Warm Up Questions
• The Study Cycle & Breakdown
• Study Groups
• Cornell Note Taking Strategy
• Staying on Track
• Study Plan
Warm Up

• How is studying in college different from what you did in high school?

• How much time do you currently spend studying?
THE STUDY CYCLE

BEFORE CLASS - PREVIEW
- Identify sections to be covered in the next class/lecture (use your syllabus)
- Take 10-15 minutes to look over chapter headings, keywords, & chapter summary
- Formulate questions you want to ask and answer during class.

Prepare for Success
- Analyze returned tests and learn from the results. What worked well and what didn’t?
- Think realistically and manage time with a study schedule
- Study when and where you’re the most alert

TEST
- Arrive early to minimize anxiety
- Get an overview before you begin
- Read directions carefully
- Keep track of your time
- Practice relaxation & positive self-talk

STUDY – SELF-TEST
- Interact with material – Organize, develop concept maps, charts, tables, or diagrams, summarize, process, re-read, fill in notes, reflect, etc.
- Rehearse – Do practice problems without looking at the steps in your text or notes, boost memory with repetition, use mnemonic devices, etc.
- Elaborate – Explain ideas aloud (to self or others), write and answer practice test questions.
- Apply — Challenge yourself to apply the knowledge to problem-solving or real-world situations
- Retrieval — Put material away and practice retrieval by recalling as much information as possible.

DURING CLASS - LISTEN & TAKE NOTES
- Use an effective notetaking system during lecture
- Listen to find answers to your questions
- Include what the professor says in addition to material on the board
- Leave space in notes to add material later

AFTER CLASS – RSQC
- Review – As soon after class as possible, read notes and text material and fill in gaps.
- Synthesize the lecture and reading materials. Summarize your learning in a few sentences.
- Questions - Clarify questions using resources such as instructor, TA, text, other students, tutor, etc.
- Connect new information with previous learning.

Synthesize — integrate the main concepts and explain in your own words

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Preview/ Attend

• Preview: Before Class
  • Skim the chapter noting headings and boldface words
  • Review summaries and chapter objectives
  • Develop questions you want to ask and answer during class.

• Attend: Class
  • GO TO CLASS and actively participate. Answer and ask questions and take meaningful notes. Leave space in your notes to fill in later.
  • Record lecture if necessary!
  • Talk with your professors and TA’s, establish a great relationship!
After Class: RSQC

• **Review** – Right after class or that day, read notes and text material and fill in gaps.

• **Synthesize** the lecture and reading materials. Summarize your learning in a few sentences. Explain in your own words.

• **Questions** – Clarify questions using resources such as instructor, TA, text, other students, tutor, etc.

• **Connect** new information with previous learning.
Self Test

• **Interact with material** – Organize, develop concept maps, charts, tables, or diagrams, summarize, process, re-read, fill in notes, reflect, etc.

• **Rehearse** – Do practice problems without looking at the steps in your text or notes, boost memory with repetition, use mnemonic devices, or flash cards.
Self Test Continued

• **Elaborate** — Explain ideas aloud (to self or others), write and answer practice test questions.

• **Apply** — Challenge yourself to apply the knowledge to problem-solving, or real-world situations.

**Retrieval** — Put material away and practice retrieval by recalling as much information as possible.
Test Time

• **Before:**
  - Arrive early to minimize anxiety
  - Get an overview before you begin
    – Read directions carefully
    – Keep track of your time
  - Practice relaxation & positive self-talk

• **After:**
  - Analyze returned tests and learn from the results. What worked well and what didn’t?
  - Make sure you review concepts you got wrong, you’ll see it again on the final!
Study Groups

• An effective group has 3-4 members and meets at least once a week. Get classmates’ numbers or email address at the start of the semester.

• Have a group leader that keeps the group on track and on task.
  – Decide as a group what material will be covered that week
Study Group Session

• **Structure of the group:**
  – In the first ½ hour review and discuss the prior week’s concepts. Bring up any confusion or share knowledge.
  – The rest of the time work on problems or questions.
  – The last 10 minutes do a quick review/summary of the session and assign any tasks or responsibilities for the next session.
Cornell Note Taking Strategies

**Left side:** Main idea (subject heading, subtitles) & questions (info you don’t understand, info you think would be on the exam)

**Right Side:** Actual class notes or notes from the text that correspond with the main idea.

**Bottom:** Summary of the most important material covered from your notes.
Staying on track

• Minimize distractions
  – Study in a quiet location like your dorm or the library.
  – Turn phone to silent or off, and download apps that will block social media on your computer for a set amount of time.
  – Ask friends & family to give you some space until exams are over.
  – Reward yourself after each exam.
### Study Plan Activity

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<td>Review Part A: 10 min.</td>
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<td>Self-test on A,B,C,D: 1 hr</td>
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**TOTAL:** 2 Hours

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**TOTAL:** 2.5 Hours

**TOTAL:** 2 Hours 15

**TOTAL:** ~2 Hours

**TOTAL:** ~2 Hours
Questions?