



Office for
Teaching &
Learning

Help Students to
Study More Successfully

CONSIDER:

What are the learning outcomes for your course?


How do they align with your assessments?

Make this explicit for your students – in your syllabus, at the start of the term, well before every exam – it will help give them the focus and motivation they need!



What does “studying” mean in your course?

1. Taking / reviewing class notes?
2. Reading assigned materials?
3. Using a prepared study guide?
4. Using other resources – videos, discussions, surveys?
5. Other?

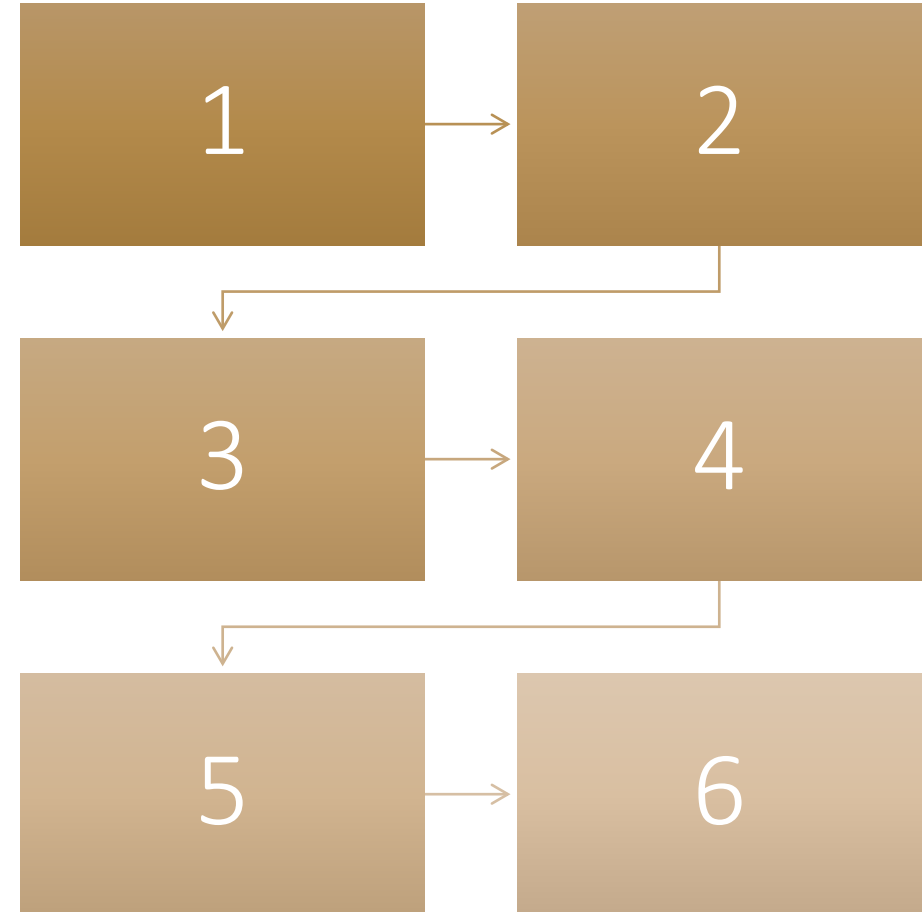


Explain what your purposes and expectations are when students perform any of these tasks and how they relate to your assessments

What types of assessment are your students preparing for?

- More frequent, smaller assessments?
- Less frequent, larger assessments?
- Only for a midterm and final?

Chunking material into smaller pieces and having more frequent assessments helps to keep students on track



The Study Cycle



The Study Cycle - Preview



Preview before class – Skim the chapter, note headings and boldface words, review summaries and chapter objectives, and note questions you would like answered in the next class.

The Study Cycle - Action



Become an active listener – ask questions and take meaningful notes. Use SLANT strategy, activate your thinking.

The Study Cycle - Review



Review after class – within 24 hours, read notes, fill in gaps and note any questions.

The Study Cycle - Study



Study – repetition is the key. Ask questions such as “why,” “how,” and “what if?”

The Study Cycle

Intense Study Sessions

Associated with the **STUDY** component of The Study Cycle.

1. **Set a goal** (1-2 minutes) – *Decide what you want to accomplish during your study session.*
2. **Study with focus** (20-25 minutes) – *Interact with the material; organize, concept map, summarize, process, re-read, fill-in notes, reflect.*
3. **Reward yourself** (10-15 minutes) – *Take a break; call a friend, play a short game, get a snack.*
4. **Review** (5 minutes) – *Go over what you just studied.*

The Study Cycle - Assess



Assess your learning – periodically perform reality checks.

- Am I using study methods that are effective?
- Do I understand the material well enough to teach it to others?

The Study Cycle

- Interview about the study cycle with Dr. McGuire
- Quick video to introduce students to the study cycle



Resources for Instructors and Students

- **WSU Academic Success Center**
 - [Study Skills Academy](#) – now available online and on social media!
 - [Learn Anywhere website](#)
- [How to Get the Most Out of Studying video series](#) (Dr. Stephen Chew, Samford University)
 - Part 1: "Beliefs that Make You Fail . . . Or Succeed" (7 minutes).
 - Part 2: "What Students Should Understand about How People Learn" (7 minutes).
 - Part 3: "Cognitive Principles for Optimizing Learning" (6 minutes).
 - Part 4: "Putting the Principles for Optimizing Learning Into Practice" (9 minutes).
 - Part 5: "I Blew the Exam, Now What?" (7½ minutes).
- [Adjusting Study Strategies for Online Learning](#) (Thomas Jefferson University)