

Preview before Class**1**

Skim the chapter, note headings and boldface words, review summaries, and chapter objectives, and come up with questions you'd like the lecture to answer for you

Attend Class**2**

Go to class! Answer and ask questions and take meaningful notes.

Review After Class**3**

As soon after class as possible, read notes, fill in gaps, and note any questions

Study**4**

Representation is key. Ask questions such as "why", "how", and "what if".

- Intense Study Sessions: 3-5 short sessions per day
- Weekend Review: read notes and material from the week to make connections

Access Your Learning**5**

Periodically perform reality checks:

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

Intense Study Sessions

1. Set a Goal	1-2 minutes	Decide what you want to accomplish in your study session
2. Study with Focus	30-50 minutes	Interact with the material - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc.
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

For additional information, email Keith Allen in the Division of Academic Enhancement at khallen@uga.edu

Adapted from: McGuire, S. Y. (2015) Teach STEM Students HOW to Learn: Metacognition is the Key!

