



Things to Do in a Study Session

Preparing Your Study Session

- Preview the text's structure for organization, section headings, and key words.
- Divide and reorganize material from reading or lecture into smaller, meaningful parts.
- Make an outline for your notes based on the structure of the text (or your professor's lecture/slides) and create charts, graphs, and webs to organize material.
- Identify relationships (similarities, differences, etc.) between ideas.
- Classify or categorize material by theme, or by source such as textbook or lecture.

While You Study

- Test yourself by repeating what you have learned, aloud or in writing and work problems without looking at the solution. Create your own flashcards using Quizlet or StudyStack.
- Connect your prior knowledge and new material to be learned.
- Think like a professor. Write out what questions you would ask to test someone about the material. Use your resources: the internet, Academic Coaching, your professor, etc.
- Use verbal or mental analogies, picture processes, and create stories that show relationships between ideas and utilize mnemonic devices to aid in recall of information, concepts, theories, etc.
- Use different materials (text, lecture, supplemental readings, etc.) or watch video resources such as Khan Academy to prepare and gain additional insight.

Check Your Understanding

- Explain what you have learned in simple terms to an empty chair or someone unfamiliar with the material, referring to your notes when needed. Teaching the material is a great way to determine how well you know it!
- Identify what you do/don't understand by writing everything you know and then comparing it to your notes.
- Create your own practice test; take a break for a while and then return to the material to see how well you do without consulting your notes.

For more information on things to do in a study session, make an appointment with an [academic coach](#). Appointments are available in person at the [Student Success Center](#) or online.