

Lesson 5

What Is the Best Way for YOU to Study?

Materials Needed:
pen or pencil
access to Internet or library



Vocabulary: These words will help you understand this lesson.

Word/Term	Definition
study	the pursuit of knowledge, as by reading, observation, or research
strategy	a plan of action

Journal Entry

How well do you do on tests? Are you anxious before tests? Think about your preparation for a test. What steps do you take to be successful? In your journal write what you do to prepare for tests. If you say study ... how do you study? Are you consistent? Do you think this is the best method? What else might you try? These are not questions to answer as in a test; these are only to get you to analyze what you do. Fill a page in your journal with how you feel about tests and how you prepare for them.

How Do You Learn?

People learn differently. What works for one person may not work for another. There are some general techniques that help most people. However, you should recognize how you learn best. Some people are **auditory** learners. That means they learn best by listening to



information. Do you find yourself reading aloud to gain a better understanding? You may be an auditory learner. Some people are **visual** learners. They learn best when presented with a format such as a picture or a diagram. Do you comprehend better when a teacher writes on the board or provides handouts as he or she explains something. Then you are probably a visual learner. Other people learn best with a **hands-on**

approach. This learner is called a **tactile/kinesthetic** learner. Do you learn best by handling things, having an actual object in your hand, rather than a picture or a written description of the object? Then you are a tactile/kinesthetic learner. Knowing your learning style is a strength.

What Motivates You to Learn?

Why do you want to learn? Again everyone is different. For some students studying and being motivated comes naturally. For others studying effectively and efficiently must be learned. Your success in high school, as it will be in college, depends on your determination to learn how to study effectively. Poor study skills are a waste of time and do not lead to success. Remember you have a goal. Studying any material requires work, but by using some techniques and applying yourself, you can be successful in understanding material and preparing for tests.

Schedule Your Time

When should you study? Studying is most beneficial when you are rested. Last minute studying is often a waste of time. Develop a schedule. Realize that schedules are made with the idea they can be revised. Without a schedule you will not allot any special time to study. Follow the schedule if possible and try to keep from making excuses to skip studying periods. Revise the schedule if it does not work. Schedules are plans for how you intend to use your time. Make every hour count. You've got to want to do it!

Analysis:

1. Make a schedule for your day tomorrow.

Time	Activity

The Best Place to Study Is ...

Find a good place to study. Consider where you can best concentrate. Your study place should be as quiet and comfortable as possible. Avoid studying in noisy places such as cafeterias, recreation rooms or lounges. Have a consistent place for everything, and above all, keep it there. Have everything needed for studying handy. Don't waste valuable time looking for books, notes, or other information. After you have gathered the items you need, put them where you can reach them easily.

2. What are basic supplies you should have available?

Different Ways to Study

A. The SQ3R Method

Survey – gather the information necessary to focus and formulate goals.

1. Read the title – help your mind get the overall picture of the subject at hand.
2. Read the introduction and/or summary – think about how this chapter fits the author’s purposes, and focus on the author’s statement of important points.
3. Notice each boldface heading and subheading – organize your thoughts before you begin to read – build a structure for details to come.
4. Notice any graphics – charts, maps, diagrams, etc. They are there to make a point – don’t miss them.
5. Notice reading aids – italics, bold face print, chapter objectives, end-of-chapter questions. These are all included to help you sort, comprehend, and remember.

Question – ask questions for learning.

What? Why? How? When? Who? Where?

Ask yourself these questions as you study. As you answer them you will make sense of the material and remember it more easily. The process will make an impression on you. You can always ask more questions as you proceed. When your mind is actively searching for answers to questions it becomes engaged in learning.

Read – carefully to digest the material.

1. Reduce your speed for difficult passages
2. Look for answers to the questions
3. Stop and reread parts which are not clear
4. Reread captions under pictures; study graphic aids
5. Note all the underlined, italicized, bold printed words or phrases
6. Answer questions at the beginning or end of chapters or study guides
7. Read only a section at a time and recite after each section

Recite – recall main headings, bold or italicized

1. Quiz yourself – what have you just read?
2. Take notes, but in your own words
3. Highlight important information
4. Explain what you have just read – to anyone or your dog

Review – survey what you have covered

1. Write questions for the notes you have taken or parts you have highlighted
2. Look through the text to review the important points
3. Write flash cards
4. Work out mnemonic devices (techniques) for material to be memorized

Seeing Saying Hearing Writing = Learning

B. Outlining Works for Some

An outline is a linear summary of a written work. It can be helpful in understanding a section or a reading or text. Most of you have learned to outline information in previous studies, as

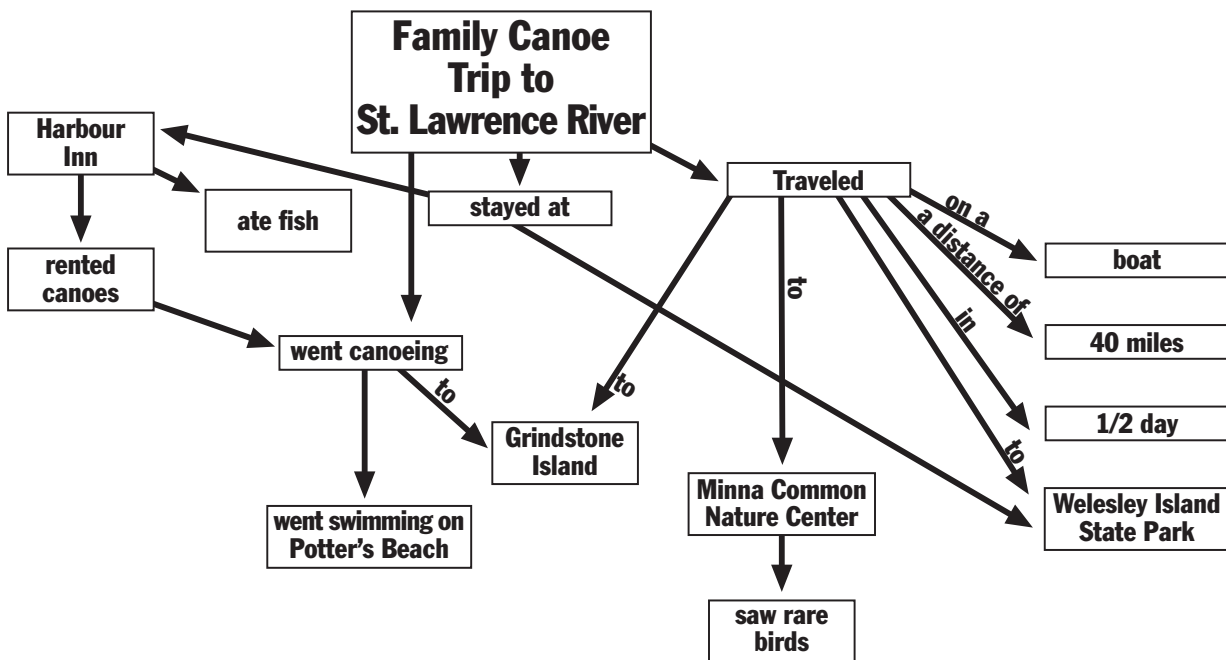
- I. First item
- II. Second item
 - A. sub item
 - B. sub item
 1. sub sub item
 2. sub sub item
- III. Third item

C. Alternatives to Outlining are Mind-Mapping and Concept Mapping

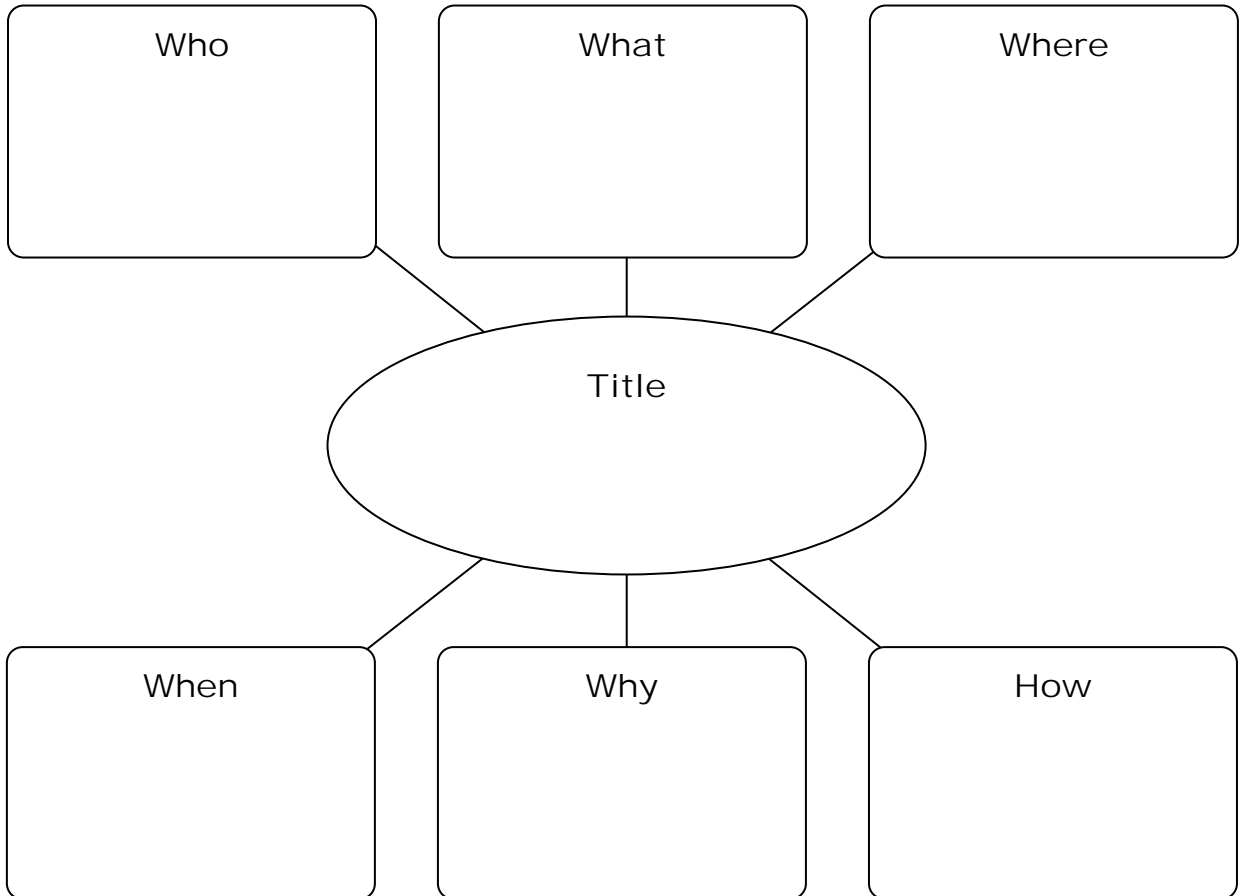
It serves the same purpose as outlining only the form is different. How do I map? This is not like an outline, or a paragraph using sentences. Think in terms of key words or symbols that represent ideas and/or words.

A **mind map** is an alternative method of note taking, one which uses an artistic (stream of consciousness) approach. Create a diagram using key words, to represent ideas, tasks or other items linked to and arranged radially around a central key word or idea. A **concept map** is a similar technique but used for visualizing the relationships among different concepts. Concepts are connected with labelled arrows, in a downward-branching structure.

Mind Map



3. Fill in the squares with the information requested as if you were going to write a short story **or** fill in the squares with information concerning a personal incident.



D. Mnemonics or memorizing devices

Mnemonics (pronounced “ne-mon’-ics) is the art of assisting the memory by using a system of artificial aids – rhymes, rules, phrases, diagrams, acronyms, and other devices – all to help in the recall of names, dates, facts, and figures. The following are examples.

1. **Acronym** – an invented combination of letters with each letter acting as a cue to an idea you need to remember. **NATO** is an acronym for North Atlantic Treaty Organization.
2. **Acrostic** – an invented sentence where the first letter of each word is a cue to an idea you need to remember. **EVERY GOOD BOY DESERVES FUN** is an acrostic to remember the order of the G clef notes on sheet music – E,G,B,D,F.
3. **Flash Cards** – A flashcard or flash card is a piece of paper that is used as a learning aid. One writes a question on each card and the answer on the other side. Flashcards can be used for vocabulary, historical dates, science or math formulas, etc. These could help you keep track of terms or math fact/formulas you need to know.

Find What Works for You

Approach your studies with a positive attitude using the method that best suits your learning style. Plan your schedule and try to eliminate distractions. Don’t plan too much for studying for one sitting. Preview the headings, graphics, and questions for an overview. Review what you have studied at one sitting and summarize what you understand. Highlight information you still don’t understand. Look for alternative sources (Internet, textbooks, other students) for help with information you don’t understand. Ask for assistance from a professional if needed. What questions should you ask? What don’t you understand? Check your progress and aim toward improving it. Explore options if you have problems.

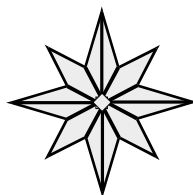
4. What kind of learner are you? How did you make that determination?

5. If you could create the perfect place to study, what would it be like?

6. What studying techniques are best for you? How do you know?

7. What is your motivation to be a successful learner? (What is your goal?)

8. Use the concept-mapping technique to outline the **SQ3R** method of study. Create you own “map.”



End of Lesson 5