

Davidson Discussion Episode 3:

Study Skills: How to Study Smarter

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Active Studying – 3 Steps:

1. Identify Major Concepts
2. Creation of new study materials
3. Study the new material

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Step 1: Identify Major Concepts:

- ▶ Review course materials
- ▶ Write down recurring themes
- ▶ Break down to focused areas

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Step 2: Create New Primary Study Materials

- ▶ Classify & organize information logically
 - Outlines
 - Summaries
 - Flowcharts
 - Diagrams
 - Flashcards, etc.

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Step 3: Study the New Material!

- ▶ Compare & contrast
- ▶ Study for recall – not simply recognition
- ▶ Attach concepts to personal life/experience
- ▶ **Don't cram** – budget time wisely!

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Avoid Burnout!

- ▶ Concentration fades during long study sessions
- ▶ Take breaks
- ▶ Exercise your body as well as your mind