

offering review strategies



facts

"Reviewing without paper and pencil is not very effective."
Learnson, Learning Your Way Through College

questions to consider

- When and how often do you review new information you need to learn?
- How do you decide what pieces of information you want to learn?
- How do you decide how to study information you receive?
- How do you know when you have learned information well enough?

strategies to try

1. Identify key information from your notes and from readings that you want to memorize and use.
2. Determine how you will need to use the information and use review strategies that prompt you to practice using the information in similar ways.
3. To most effectively move information to long term memory, actively review the information you receive:
 - once within an hour of receiving the information,
 - a second time within seven days,
 - and then at least once every seven days.
4. Space your review over time. (For example, study two hours a day for three days instead of six hours in one day.)
5. Choose active review strategies:
 - Create graphic organizers that show relationships between pieces of information.
 - Teach or explain the information to a partner.
 - Create flash cards and use them to quiz yourself.
 - Create possible essay questions and try to outline answers without looking at your notes.