

HORT 201 HOW TO STUDY SESSION

Based on: 1) How you Learn, 2) How you forget, and 3) How you decrease forgetting

FIRST

Determine Your Learning Preference

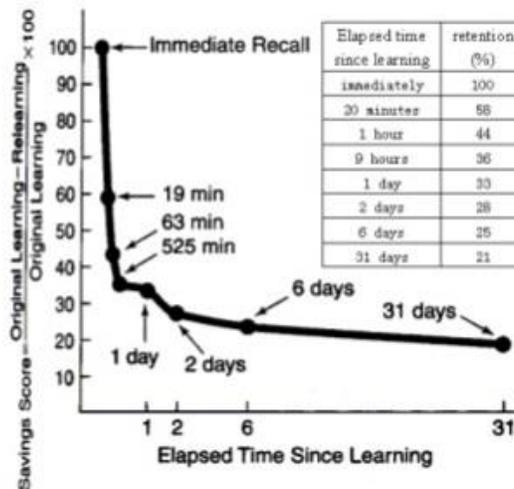
The first thing I recommend is that you take the [VARK Learning Preference test](#). It will help you estimate how you most effectively learn new information. You will also receive many helpful study hints based on your learning preference.

SECOND

The Ebbinghaus Forgetting Curve

Understand how quickly we forget

Ebbinghaus Forgetting Curve (1885)

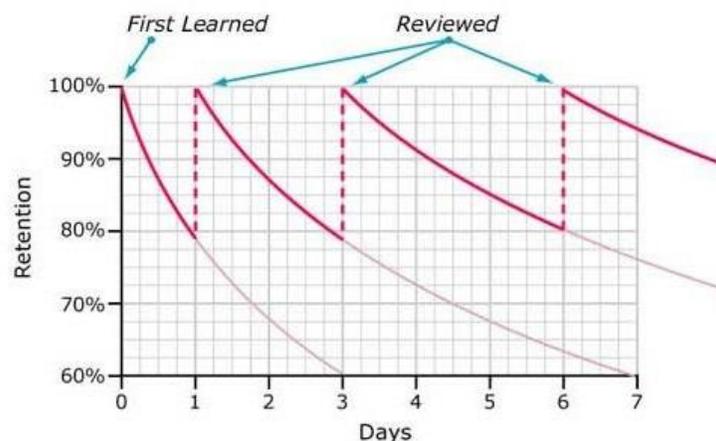


THIRD

How to decrease memory loss

Understand how to decrease the forgetting curve by timely review or “practice”.

Typical Forgetting Curve for Newly Learned Information



Study Like You Practice

The technique basically stresses going to class to learn by experiencing the lecture, then studying soon after class to reinforce the information in your mind before you begin the forgetting process. Most students wait and study a few days before the exam. However, by that point you have forgotten most of the information that was in your mind after lecture. Thus, you are re-learning the information on our own and it becomes somewhat artificial and confusing. Think about it. Most things in life are mastered by repeated practice, whether it is a sport, a skill or learning lines for a play. Mastering subject matter for an academic class is no different.

Basically, **study before you forget** so you do not have to re-learn things.

- Determine your learning style, and use techniques that fit your learning style
- Keep in mind that most of your learning occurs visually, aurally and kinesthetically **in class**.
- You are a **phenomenally fast and effective "learner"**.
- Unfortunately, this is followed closely by you being an **incredibly fast "forgetter"**.

Therefore,

- **Come to class and pay attention** (each absence costs you a point on your average).
- Watch the **video** if you miss class.
- **Study now**, i.e. before the end of the day, and preferably right after class. Put yourself on a schedule.
- A common modality is visual and kinesthetic, so make your studying **visual** and **active**.
 - a) re-write your notes, so you can add things you remember before you forget.
 - b) make flash cards.
 - c) diagram, draw, doodle
 - d) talk out loud
 - e) talk to yourself into a mirror
 - f) make up analogies, word association, acronyms.
- **Review** the past lectures periodically.
- Back-off a couple of days before the exam and "**polish**" or "**fine tune**" study.

OTHER HINTS

- Look over the Lecture Supplement for what will be covered that day, i.e. read the novel before you see the movie.
- Take good notes and use short hand.
- Highlight or star what the prof appears to emphasize or stress.
- Go to SI for another view point and to also use as a reinforced study technique.
- Study in groups of three.
- Study where and when you can concentrate.
- Once you think you are ready, take some practice exams from the Quiz File.
- Lower your anxiety level before and during the exam.
- Take the multiple choice exam properly, i.e. to make it a "give me the answer" or "fill-in the blank" exam.
- Mark the scantron properly.
- Never change your answer unless you are absolutely sure.
- **Finally, remember that you are never as prepared as you think you are. We always overestimate our own abilities. That's why we have coaches!**
So, when you think you are ready for the exam - study some more.