

Study/Learning Process

A STEP-BY-STEP GUIDE

01

Designate a consistent day and time for study/learning (S/L) activities (do not exceed 4 hours each day/6 days per week)

Utilize a Planner/Calendar to stay consistent with reaching the 24 hour weekly study/learning goal

02

Each hour of the 1st three hours are broken down into the following:

1. Engage in the studying/learning (S/L) process for 50 minutes
 - B. Disengage the last 10 minutes (break)
 - C. Return to actively engaging in the (S/L) process for the next hour (repeat process for first three hours)
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03

As you are reading the material you are studying pause intermittently to summarize what you have just read (explain what you have read to yourself in writing)

04

As you are summarizing the material make it as visual as possible using drawings, sketches, colors, abbreviations, concept mapping, and other visually oriented materials (brain prefers more visuals and less verbiage)

05

Use the last hour (4th hour) to summarize the first 3 hours of the S/L process using the summaries you have created, explaining and understanding the major concepts to yourself, and using your Critical Thinking skills

06

Find a study/learning partner to engage in active learning so as to assess how well you have understood the material and how well you are able to “teach” the material to one another (active engagement and learning)

07

Create mini quizzes for yourself and your partner to assess how well you can recall information, assess how well you have understood the concepts, and begin the practice applying Critical Thinking skills to the testing process.

Note: Studying with someone helps sharpen the application of critical thinking and self assessment, strengthening your confidence and minimizing any sense of test anxiety.

Contact Luis Garza for more tips:

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