

## Preview

Preview before class. Skim the chapter, note headings and boldface words, review summaries and chapter objectives, create questions you would like answered in class. Take notes or outline. Review PPoint and handouts. If you have time, go back to the reading more in depth.

## Attend

### Attend class.

Go to class! Ask questions and take meaningful notes. On your notes, highlight the content that is in both your reading and lecture notes (this will most likely be on an exam!)

## Review

Review after class. Within 24 hours, read notes, fill in gaps and note any questions. Synthesize your reading and lecture notes into one document - put it into your own words.

## Study

### Study.

Repetition is the key: Ask questions such as "why," "how," and "what if".

Intense Study Sessions: 3-5 short study sessions per day.

Weekend Review: Read notes and material from the week to make connections.

Be as active as possible: Talk-backs, practise tests, written summaries, group sessions, flashcards, etc.

## Assess

### Assess Your Learning.

Do I understand the material enough to teach it to others?

What areas am I still having difficulty with?

Don't be afraid to ask for help! Peer tutoring, Academic Support appt, Professor's office hours, study reviews, Lingo and Canvas online support (Samuel Merritt website)