

# Study Tips for Strategic Learning

## Tips for Visual Strategies

1. Write down *anything* that you want to remember, such as a list of things to do or facts to learn for a test.
2. Try to write down information in your own words. If you don't think about the material and restate it in your own words, you won't really learn it.
3. Underline or highlight important words you need to learn as you read.
4. When learning a new vocabulary word, visualize the word and images that help you remember what it means.
5. When you have a list of things to remember, keep the list in a place where you will be sure to see it several times a day. Suggestions: bulletin board by your desk at home, in your notebook, on the mirror in the bathroom, etc.
6. Try drawing a picture of any information you want to learn. Try making a diagram, a chart, or actually drawing people or things, also use mind maps to organize information.
7. Always scan any material in the textbook before going to class so you have a chance to visually connect with the information before hearing it.

## Tips for Auditory Strategies

1. Use a tape recorder to record notes when reading instead of writing facts down. Play it back while you are riding in the car/bus, doing dishes, exercising, etc.
2. Subvocalize, that is, talk to yourself about any information you want to remember. Try to recite it without looking at your notes or the book.
3. Discuss new learning with others from your class and then quiz each other on the material. Really listen to yourself as you talk.
4. When learning a new vocabulary word, say it out loud. Then spell it out loud several times. See if it rhymes with a word that you know. You could even try singing the word in a song.
5. To learn facts, say them out loud, put the facts to music or read and audio record. Then listen to what you have recorded often.
6. When writing, talk to yourself. First tell yourself what you will write, say it out loud as you write it, and then read aloud what you have written or audio record it.
7. Always scan any material in the textbook, read it aloud to yourself, before going to class so you have a chance to connect with the information before seeing it.

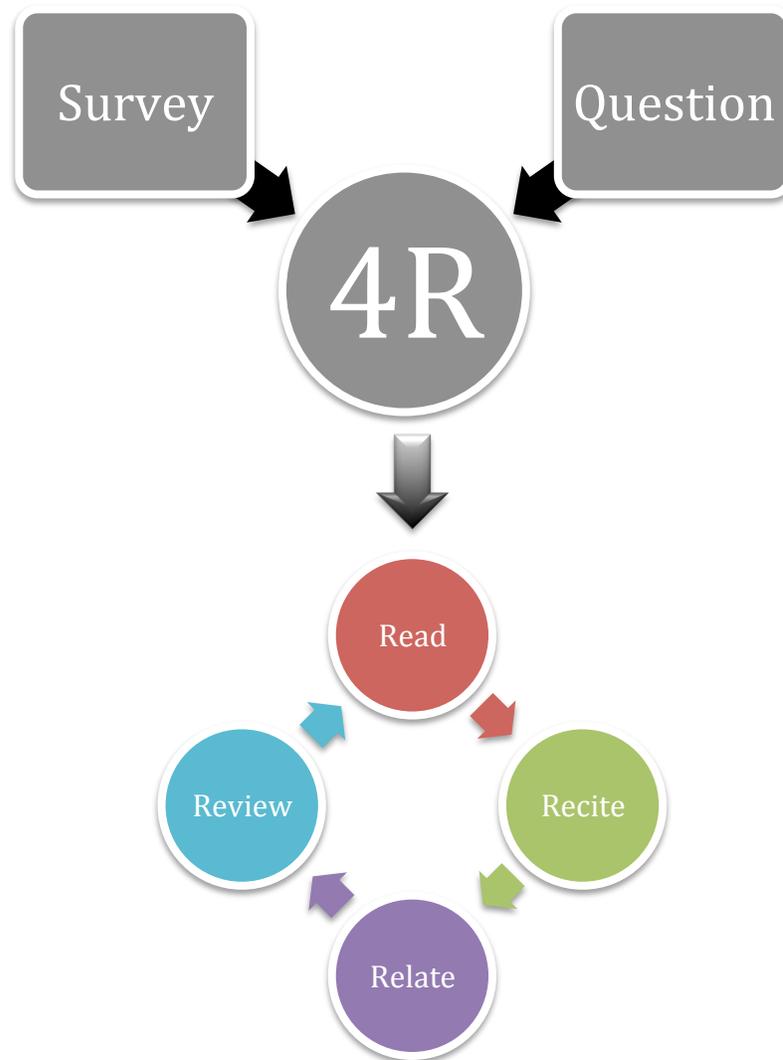
## Tips for Physical Strategies

(Tactile, Kinesthetic)

1. Try to study through practical experiences, such as making models, doing lab work or role-playing.
2. Take frequent breaks and study for periods of 15-20 minutes in length.
3. Trace words and letters to learn spelling and to remember facts.
4. Use the computer to reinforce learning through the sense of touch.
5. Memorize and quiz yourself while walking or exercising.
6. Try standing up when you are reading or writing.
7. Write facts to be learned on 3" x 5" cards, with a question on one side and the answer on the other. Lay out the cards, quiz yourself, shuffle them, lay them out again and quiz yourself again.
8. When working with a study group, think of quiz games (Jeopardy, etc.) as ways to review information.

# SQ4R Study Method

Get More Stuff to Stay in Your Brain



- **Survey:** Look over the chapter. Read the subheadings, picture captions, highlighted vocabulary, essentially anything that stands out easily.
- **Question:** Turn titles, headings, subheadings, into questions. Read chapter or study guide questions.
  1. **Read:** Answer your questions as you read.
  2. **Recite:** Read one section at a time out loud. Take notes on things information that you need to remember.
  3. **Relate:** Connect this new information to things that you already know or to meaningful experiences.
  4. **Review:** Skim over reading material. Recite and quiz yourself. Explain it like you were teaching someone.