

Learning Tip:

Getting the Most out of Lectures

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Getting the Most out of Lectures

Problem

During lectures, students need to

1. listen to the instructor;
2. read what the instructor writes and presents;
3. learn the course material; and
4. take notes.

What should students really focus on?

Answer

Learn first, write second!

Getting the Most out of Lectures

- ▶ **Before class (5–10 min):** Skim today's textbook section or posted notes (e.g., headings + key formulas + one example).
- ▶ **Why:** This **reduces cognitive load** so lecture feels less like brand-new information and more like reinforcement.
- ▶ **During class:** Keep device use on task; defer side chatter until breaks.
- ▶ **During worked examples:** **Stop writing** and follow the reasoning.
- ▶ **If you miss something:** Flag it and fix it after class.