Study Practices

Basic Principles

- 1. Retrieval (self-testing)
- 2. Spacing out practice
- 3. Interleaving related topics
- 4. Try to solve the problem before being taught the solution
- 5. Make connections
- 6. Distill underlying principles or rules

Workflow

- 1. Before the lecture
 - 1. Take reading notes (do not take verbatim notes, see the Rule Sheet)
 - 2. Have a short break (10-15min.)
 - 3. Free Recall
 - 4. Open the textbook and make corrections, list possible questions
- 2. During the lecture
 - 1. Focus on the lecture
 - 2. Complement the notes with links between concepts
 - 3. Ask the questions listed previously, if they weren't already clarified
- 3. After the lecture
 - 1. Keep doing free recall (see Spaced Repetition Sheet)
 - 2. Solve exercises without consulting and interleaving related topics
 - 3. Correct your answers at least weekly
 - 4. Review the exercises and their main ideas with free recall (see Spaced Repetition Sheet)
 - 5. List what you didn't understand and take them to office hours (academic disaster insurance)

What to do during breaks?

- Be physically active, outdoors, or social
- Leave the screen

How to review for an exam?

- 1. List important things and open questions
- 2. Use the syllabus and notes to answer the questions
- 3. Take practice tests (with solutions to check after)

How to prepare for a study session?

- Create a cue for studying time
- Study in different locations

How to read effectively (SQ3R)?

- 1. Survey
- 2. Question
- 3. Read
- 4. Recite
- 5. Review

Rule Sheet

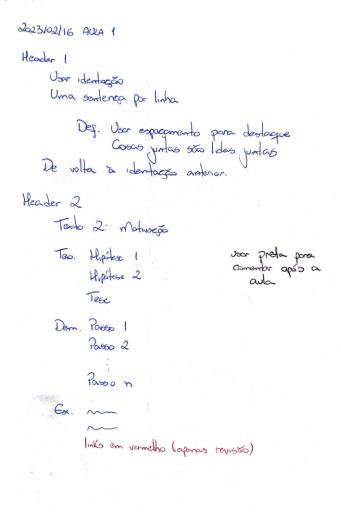


Figure 1: Rule Sheet