

## Effective Learning Strategies

1. Strive for higher levels of Bloom's Taxonomy.
2. Implement the study cycle and schedule three to four intense study sessions per day
3. Actively prepare to read by previewing reading assignments.
4. Read actively by developing questions before you start to read.
5. Paraphrase information in each paragraph of a reading assignment.
6. Actively read and learn by using flashcards, concept maps, chapter maps, and other tools.
7. Read the textbook.
8. Always attend every class.
9. Take good class notes by hand.
10. Preview and review for every class.
11. Do homework assignments without using examples or textbook information.
12. Prepare as if you have to teach the information you are learning.
13. Study with a partner or study group, and go to each session prepared.
14. Create practice exams to evaluate your mastery of the material.
15. Start homework the day that it is assigned and do a little of it each day.
16. Memorize everything you're told to memorize.
17. Aim for 100% mastery of the material.
18. Adopt growth mindset about intelligence.
19. Monitor your self-talk and stay positive.
20. Attribute results to actions, not ability.
21. Know and understand your MBTI personality type.
22. Know and understand your learning style preferences.
23. Get adequate rest, nutrition, and exercise.
24. Keep a semester calendar.
25. Keep a weekly calendar.
26. Commit to studying 20-25 hours per week.
27. Protect your free time.
28. Prioritize according to needs and wants.
29. Organize test information by preparing charts, outlines, or a study guide.
30. Determine the types of questions that upcoming tests will feature (essay, short answer, multiple choice, T/F, etc.)
31. Write down formulas or other information you may need before you begin an exam.
32. Read test directions very carefully; listen for additional directions; and ask for clarification.
33. Survey the exam before starting and budget your time.
34. Begin with the easiest test questions and work your way to the harder ones.
35. Expect memory blocks and recognize that the information will come back to you if you move on to other questions.
36. Perform deep breathing to relax, and use positive self-talk to reduce test anxiety.
37. Analyze all returned tests and quizzes, and develop a plan for improvement.
38. Use the campus learning center for group study, tutoring, and other helpful information.
39. Visit your professors' office hours on a regular basis.

Reference: McGuire, S. Y. with McGuire, S. (2015). *Teach Students How to Learn: Strategies You Can Incorporate Into Any Course to Improve Student Metacognition, Study Skills, and Motivation*. Sterling, VA: Stylus Publishing, pages 167-168.