

## Discover your approach to studying

Why do you need to study? Knowing how to study and practice good study habits will allow you to be successful in the classroom. Most times, the study techniques students learned in high school don't translate well to college. Taking time to understand your learning styles and current study habits will allow you to work smarter and study harder.

## Your Learning Preference

While researchers argue about the extent individuals should focus on learning preferences, understanding various strategies can be very beneficial. Below are three distinct learning preferences, but most students tend to utilize multiple styles.

### TO IMPROVE AS A VISUAL LEARNER...

- visualize what you are studying
- use color in your notes (colored pens, highlighters, etc.)
- visualize what the instructor is lecturing about
- draw pictures and diagrams
- use mind maps in your notes
- use picture and graphics to reinforce learning
- learn from videos



### TO IMPROVE AS AN AUDITORY LEARNER...

- listen to tapes of recorded assignments
- record yourself reading your textbook
- read out loud
- talk over ideas from class and what you are studying with other students or a tutor
- participate in class discussions
- listen to audio tapes on the subject



### TO IMPROVE AS A HANDS ON (KINESTHETIC) LEARNER...

- stand up and move around while you are studying
- take frequent breaks while reading
- make use of your hands and write things down as you study
- use the computer to reinforce learning
- be physically active; experiment with objects
- memorize or drill while walking or exercising



## Who should you study with?

- A classmate or friend
- A peer tutor or academic coach
- A study group
- Your professor

## What/How should you study?

- Visualize readings
- Highlight readings or notes
- Add to or rewrite your notes
- Create concept maps & study checklists
- Use index cards
- Use memory tricks

## When should you study? (Study at peak times and whenever you have extra time!)

### Daily

- Read and review notes prior to class
- Review notes immediately after each class or within 24 hours for best recall

### Weekly

- Review notes at the end of each week
- Repetition is key to remembering

### Pre-Exam

- Review blocks of 3-5 hours
- Break every hour to get up and stretch. The more active you are the more effective your study time will be

LIVE LESS OUT  
OF HABIT &  
MORE OUT  
OF INTENT.

## Where should you study?

- A place with no/few distractions
- Your room
- A study room or classroom
- Away from your phone and computer
- The Library (the Student Success Center is a great option!)

## How should you study?

→ **Set an intention:** Why are you studying and what do you intend to gain from it?

Ask yourself this question every time you sit down to study

- Half-hearted or distracted studying is a waste of time
- Relate studying to your life goals
- Put meaning into your studies in order for them to be meaningful to you

Pages 1 and 2 adapted from: Developing Effective Study Habits. (2002). S.O.A.R. Program, Mayland Community College.

## ASPIRE- A Study Approach

### A: Approach/attitude/arrange

- Approach your studies with a positive attitude
- Arrange your schedule to eliminate distractions

### S: Select/survey/study!

- Select a reasonable chunk of material to study
- Survey the headings, graphics, pre- and post-questions to get an overview
- Study by marking information you don't understand

### P: Put aside/piece together:

- Put aside your books and notes
- Piece together what you've studied, either alone, with a study pal or group, and summarize what you understand.

### I: Inspect/investigate/inquire:

- Inspect what you did not understand
- Investigate alternative sources of information you can reference:
  - other textbooks, websites, experts, tutors, etc.
- Inquire from support professionals (student success coaches, librarians, tutors, professors, experts) for assistance

### R: Reconsider/reflect/relay:

- Reconsider the content
  - If I could speak to the author, what questions would I ask or what criticism would I offer?
- Reflect on the material
  - How can I apply this material to what I am interested in?
- Relay understanding
  - How would I make this information interesting and understandable to other students?

### E: Evaluate/examine/explore:

- Evaluate your grades on tests and tasks; look for a pattern
- Examine your process toward improving it
- Explore options with a professor, student success coach, tutor, etc.

## The ASPIRE STUDY SYSTEM

Here is an inspirational way to renew your study skills:

- A** Approach your studies with a positive attitude.
- S** Survey the material to get an overview of the task.
- P** Piece it together.
- I** Inquire if you need more information.
- R** Relay your understanding in an interesting way.
- E** Evaluate your response.

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Adapted from: [www.studysg.net](http://www.studysg.net) and Tutoring Central, Academic Achievement Center, Bridgewater State University

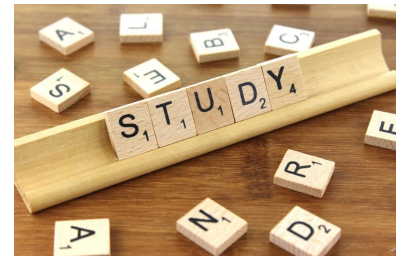
## Study Skills Self-Evaluation

### Learning Preferences

1. When I study, I prefer to use the \_\_\_\_\_ method. Because:  
\_\_\_\_\_  
\_\_\_\_\_
2. At times I prefer a different method. It's the \_\_\_\_\_ method. I use it (when and for what subjects):  
\_\_\_\_\_  
\_\_\_\_\_
3. Knowing the learning preference I prefer to use in \_\_\_\_\_ (subject), I can better approach my studying, lectures, etc. by:  
\_\_\_\_\_  
\_\_\_\_\_

### Study Habits

1. My study habits are...  
 poor       fair       good
2. For every hour in class I study outside of class for...  
 a little       1 hr       2 hrs       2+ hrs
3. I have an organized plan and schedule for studying...  
 not often       sometimes       most of the time
4. I have a quiet place in which I study...  
 no       maybe       yes
5. I usually approach studying with a positive attitude...  
 no       maybe       yes



I can improve my study habits by:

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### Studying by Subjects

1. I find it easiest to study when:  
\_\_\_\_\_
2. If a subject is really hard, I tend to:  
\_\_\_\_\_
3. The subject I most like to study is:  
\_\_\_\_\_
4. The subject I least like to study is:  
\_\_\_\_\_

Adapted from: <https://universitycollege.okstate.edu/lasso/>, LASSO Center, Oklahoma State University