**Study Smarter Part 2 - REFLECTION **

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**Reflection**:

1. Did you meet your study goals for the week? \_\_\_\_\_\_

2. How much time did you actually spend studying? \_\_\_\_\_\_

3. Which of these study techniques contributed the most to your learning this week?

 Read textbook section(s) for the first time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 -Re-read or highlight textbook section(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 -Re-read class notes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Read/study other materials \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 (From where?\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Rewrite key concepts in your own words \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 ++Create personal examples or analogies \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Test yourself on material \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Work on extra problems \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Work on more difficult material \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 -Relate new material to things you already know \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Find online content \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Visit office hours \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Visit university learning/math/writing center \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Seek out other individual help \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Summarize to roommate/parent/friend \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Elaborate to roommate/parent/friend \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Create new analogies for roommate/parent/friend \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Attend review session \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Think \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Do new research \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Draft \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Edit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Listen \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Find inspiration \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Analyze your posture/form/performance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Practice in front of the dog \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 -Focus on one thing at a time \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Interleave (vary your studying) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Space your retrieval practice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Play through pieces \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Rest in between practice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Memorize \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 -Repeat concepts by rote \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Make flashcards \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Play for fun \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Brainstorm \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Experiment \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Work on new material \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Focus ideas \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 -Review homework solutions \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 -Review concepts and ideas \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 +Contextualize concepts in new ways \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 Other (Please specify: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

NOTE: Items with a – tend to be time consuming and not very effective. Re-reading or highlighting, for example, create fluency (the material FEELS more familiar), but does not stick in long-term memory. It is much better to switch to items with a + as elaborating on the material is faster and more effective. For example, try thinking of new examples, making analogies (how would explain this concept in baseball or fashion terms?) or looking for larger context and restating ideas in your own words. Trying to remember the exact phrase or syntax of an idea is actually counter productive: come up with your own rule or phrase.

**Adjustment:**

4. Which resources or types of study were more effective? What study /practice strategy worked best/worst?

5. What is the single most important thing you should do differently to improve your studying? (Be specific. For example, will you spend more time, start your preparation earlier, change a specific study habit, try a new one (if so, try to name it), sharpen some other skill (if so, name it), participate in more review opportunities or something else?)

**Make a New Plan for Next Week**

|  |  |  |  |
| --- | --- | --- | --- |
|  | WHAT will you do? | WHEN | WHERE |
| Monday |  |  |  |
| Tuesday |  |  |  |
| Wednesday |  |  |  |
| Thursday |  |  |  |
| Friday |  |  |  |
| Saturday |  |  |  |
| Sunday |  |  |  |