Choosing and Using Effective Study Strategies

A four-step process to enhance the effectiveness of studying

1. Check it Out—examine current study methods and their effectiveness:
   a. Ask yourself questions such as:
      i. Do I study the same way for all my classes?
      ii. Do I like my current study methods?
      iii. Do they work?
   b. Create a list of each class you are taking, how you currently study for that class, and how effective it is.

2. Find Your Target – think specifically about the task(s) at hand:
   a. Gather information about the specific task (exam, quiz, homework, etc.) you are studying for.
   b. Questions to consider:
      i. How will the quiz/exam be structured?
      ii. What types of questions will be on the exam?
      iii. How can I best study for this type of exam?

3. Grab Your Toolbox – chose strategies that align with the task:
   a. Look at the chart on the back for some ideas of study strategies and when they are most effective and ineffective.
   b. Choose a few strategies that align with the task (i.e. quiz/exam), type of questions being asked, and personal strengths and weaknesses.

4. Make a Plan – find times to both prepare and review study materials:
   a. Mark down study times on your calendar to clearly indicate what study tasks you will do
   b. Balance the amount of time you spend preparing materials with how much time you spend reviewing.
      i. For example, if you spend 1 hour making flash cards ensure you have 1 hour (or more) to study from them!

Find more information and resources at: go.osu.edu/dlc
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<th>Study Strategy</th>
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| **Flash Cards**             | **Use For:** Remembering short term, studying for true/false, multiple-choice questions, or formulas  
Not: Higher-level thinking, and analysis.                                               | • Use for math and science rules & formulas  
• Write question and clue instead of question and answer  
• Use pictures & images |
| **Concept Mapping**         | **Use For:** Remembering long term, connecting concepts and pieces of information, holistic understanding  
Not: True/false questions, learning vocabulary                                           | • Use different colors or shapes to show concepts  
• Use in a hierarchical manner to show structure  
• Use internet mapping software |
| **Self-Made Study Sheets**  | **Use For:** Condensing large amounts of information, enhancing long-term retention, studying key facts and details  
Not: When you are short on time, when you are unsure what the key information is most important | • Summarize long notes into 1 or 2 pages of key details  
• Write potential test questions in the margin  
• Highlight, use color, or add bullet points to make important facts stand out. |

** These are just a few sample study strategies, there are many other strategies you can use!