

Effective Study Habits



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Effective study habits must be routinely practiced and carefully honed. Before they become habitual, evaluating them for effectiveness and efficiency is important. The list below includes popular strategies that can be used with efficiency. The products of each strategy can be used for self-assessment while preparing for exams.

Surveying/Previewing

- Provides advanced organization of lecture material
- Builds on prior knowledge to develop a knowledge foundation
- Connects new knowledge with prior knowledge when reviewing learning objectives
- Develop a list of topics, subtopics, and vocabulary used in the lecture

Organizing learning/lecture material

- Sequencing (i.e., stages, position in space, most to least importance)
- Listing from memory, then enhancing as needed from notes
- Classification
- Cause and Effect
- Compare and Contrast

Concept Mapping

- Often preferred by the visual learner, creating charts or diagrams is spatial and kinesthetic.
- Maps may be organized top to bottom or from the center and radiating out
- Regularly re-create the concept map from memory, then compare it to the original
- Integrate new knowledge with previous knowledge to enhance the map over time
- Interrelationships can be displayed as mapped

Questions

- Survey and answer comprehension questions before reading an assignment to assess the current knowledge level of the content
- Read to answer the incorrect questions and to develop an understanding that you can explain using your own words
- Create questions from section headings and subheadings, read to answer those questions.

Group Study or Peer Teaching

- Organize three or four students that will study, teach, and learn together
- Meet regularly
- Each member may prepare and teach a topic during the session
- See OSS document Study Group Tips