

Study Skills Workshop

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I. Reflecting on Experience - Motivation Grabber

- I study most effectively when
- My favorite time to study is when
- My favorite place to study is

Study Skills Checklist (Handout)

II. Assimilating and Experiencing - Handouts / Lecture

Notetaking Strategies (Handout)

Memory / Forgetting Curve

A. Short-term v. long-term memory

1. Short-term: limited, lasts only a brief time
2. Long-term: unlimited, permanent a. Information must be processed through short-term memory first

B. Steps to move memory from short-term to long-term

1. Don't overload short-term memory; stop frequently to process new learning
2. Rehearse new information by repeating it to yourself and thinking about it
 - a. Repetition helps make the transfer

C. The Forgetting Curve

1. We forget the most during the first 24 hours
2. Reviewing the same day can make the difference between forgetting 80% of the information and remembering almost 80% of it

SQ3R - A Reading / Study System (Handout)

III. Experimenting and Practicing - Structured Discussion

- What strategies similar to these strategies have you tried?
- What do you see as being beneficial in these strategies?
- What strategies for notetaking work best for you?
- What strategies for textbook reading work best for you?

IV. Planning for Application - Speak Out

- What will you take away from this workshop?
- If a friend came to you and was having a difficult time with notetaking or textbook reading, what strategies would you recommend?
- What would you have liked to hear that you didn't today?