

Study Techniques

Below are various study techniques that you can choose to use based on your specific learning style. Add a few of these to your repertoire of study tools and watch your next test grade improve.

Technique/ Learning Style	When It Is Good to Use	How to Use It	Example
Flashcards Good for kinesthetic learners	For short answer and definition questions; to have a take-anywhere study tool.	Use note cards and write a question on one side and the answer on the other. Test yourself from both sides.	For a Spanish test: On the front write, "Cinco" and on the back write, "Five."
Outlining Good for visual and read/write learners	Essay tests or tests about relationships amongst concepts.	Pick a topic (great for essay questions you know in advance) and practice listing main points, then filling in sub-points, details, and examples.	Catalysts for the Reformation: I. Religious a. Luther b. Calvin II. Political III. Economic
Study Guides Good for all learners	When you need to clarify topics to be studied; to check your understanding; to use in study groups.	List main topics to be studied from class notes, textbook, etc. Organize sub-topics within these.	Theories of Psychology: -Humanism -Gestalt -Behaviorism -Psychoanalysis
Charts, Graphs, and Diagrams Good for visual learners	For understanding complicated concepts; good for tests with comparison questions, chronology, or diagramming.	Recreate visual aids from texts or create own visual aids using textual information.	Charts comparing similarities and differences; timelines for history.
Practice Test Good for all learners	When you are not sure what you know or what to study or you think you are ready and want to test your knowledge.	Use homework questions and turn textbook headings into questions.	It should look like an actual test and be in the format of the test you will be taking.
Study Groups Good for auditory and kinesthetic learners	When you have many questions or need help saying motivated.	Get a group of classmates together (3-4). Make sure to choose hard working and attentive study partners. Prepare what you will study and the structure of you study session in advance.	Gather with 3 or 4 classmates to quiz each other, discuss confusing issues, and clarify concepts.
Acronyms Good for auditory and visual learners	When you need to remember a list in certain order.	Create an invented combination of letters. Each letter is a cue to an item you need to remember.	IMPAT, the stages of cell division. Interphase, Prophase, Metaphase, Anaphase, and Telephase.
Acrostics Good for auditory learners	When you need to remember a list in a certain order.	Create an invented sentence or phrase with a first letter cue: The first letter of each word is a cue to an idea you need to remember.	<u>P</u> lease <u>E</u> xcuse <u>M</u> y <u>D</u> ear <u>A</u> unt <u>S</u> ally. Sequence in solving or evaluating math equations: P aranthesis, E xponents, M ultiplication, D ivision, A ddition, and S ubtraction.

Technique/ Learning Style	When It Is Good to Use	How to Use It	Example
Loci Good for kinesthetic learners	For lists (that don't necessarily have to be in order).	Select any location that you have spent a lot of time in and know well. Walk around this area, touching places as you remember each item. Repeat to remember. During the test, picture each place you went.	Erikson's Stages of Development: *Closet= trust/mistrust (infant) *Dresser= autonomy/shame (toddler) *Bed= initiative/guilt (preschooler) Etc. ...
Loci (cont.) Good for visual learners	For lists (that don't necessarily have to be in order).	Identify readily available items that can represent the term needed to be remembered. Arrange items as appropriate. Note the concept that each item is meant to represent. Shuffle items and rearrange in correct order. Repeat. (If you don't have an object, draw it).	Erikson's Stages of Development: *Pacifier= trust/mistrust (infant) *Teddy Bear= autonomy/shame (toddler) *Building Blocks= initiative/guilt (preschooler) Etc. ...
Keyword Method Good for visual learners	For foreign language vocabulary.	First, after considering the foreign word you need to remember, select a key word in English that sounds like the foreign word. Next, imagine an image which involves the key word with the English meaning of the foreign word.	The Spanish word "cabina" means "phone booth." For the English keyword, you might think of "cab in a ...". You could then imagine a cab trying to fit in a phone booth. When you see the word "cabina" on the test, you should be able to recall the image of the cab and you should be able to retrieve the translation "phone booth."
Chaining Good for auditory learners	For ordered or unordered lists.	Create a story where each word or idea requires you to remember cues to the next idea you need to recall.	If you had to remember the words Napoleon, ear, door, and Germany, you could invent a story of Napoleon with his ear to a door listening to people speak in German.
Make It Personal Good for kinesthetic learners	Any subject, any person; good when something seems abstract or vague.	Apply the information to your own life (past, present, or future). Think about how it is relevant and analyze your experiences with new knowledge.	When learning about the human anatomy, remember injuries you have had, or exercises you did that work those muscles.

