

Accessibility Services Workshop Series



Study Strategies That Work!

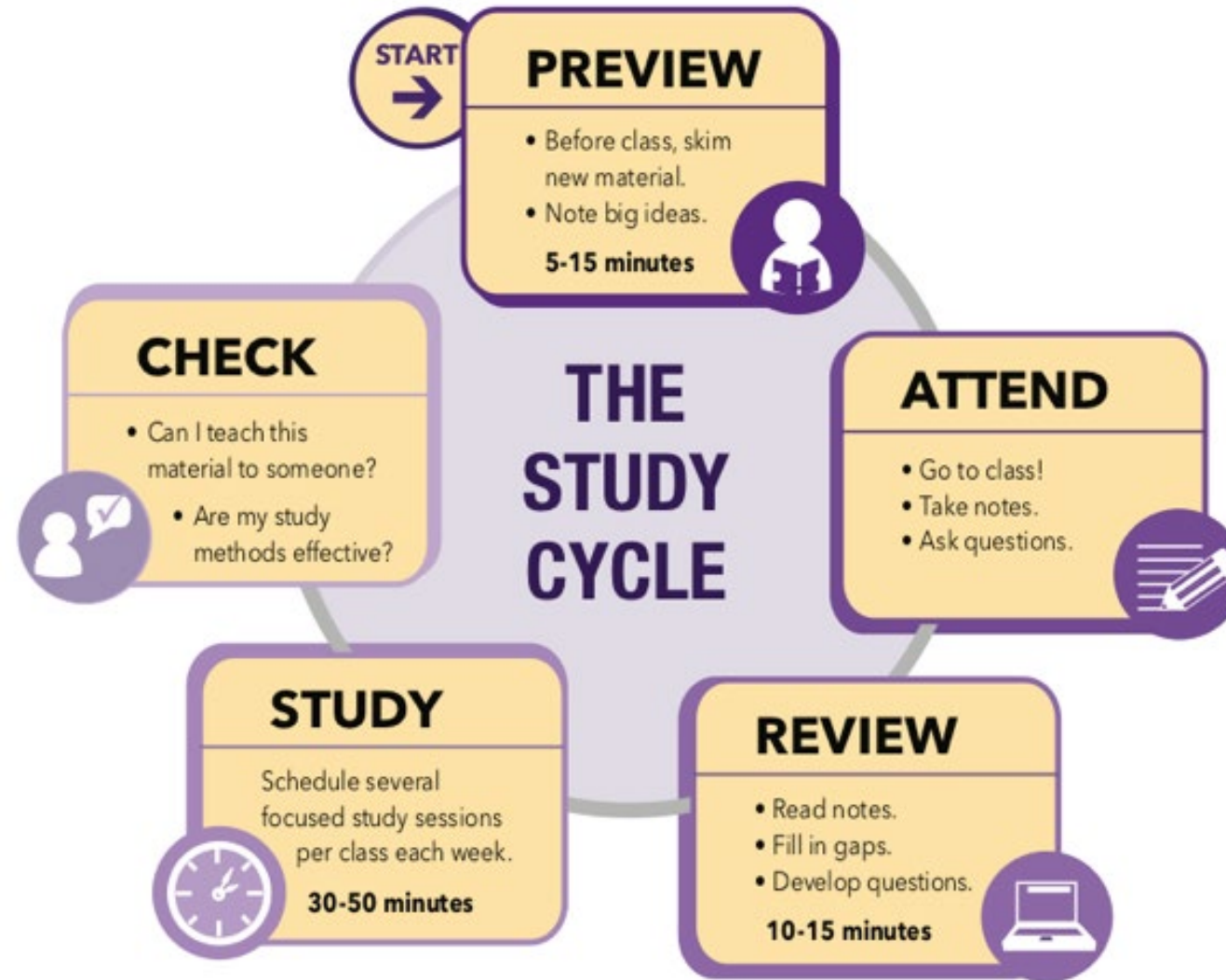
<https://federalnewsnetwork.com/facilities-construction/2015/08/open-office-trend-worries-disabled-federal-employees/slide/1/>

START HERE. GO ANYWHERE.



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The Study Cycle



Step 1: Preview (5 - 15 mins)

- Preview the material to be covered in class BEFORE going to class
 - Skim the chapter in the textbook
 - Read the powerpoint / notes for class
 - Look for key terms and ideas



- Goal: Get a basic foundation / understanding of what will be covered in class



Step 2: Attend Class

- Don't just 'show up'
- Be attentive and focused

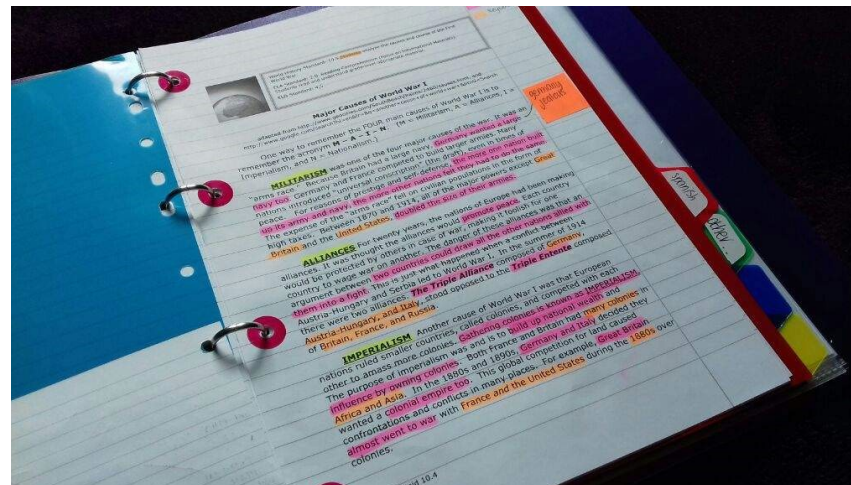


- Goal: Because you have already previewed material, you will know what's important and what you should take notes on



Step 3: Review (10 - 15 mins)

- After class (or within 24hrs max), briefly review notes, while the material is still fresh in your mind
- Just a recap, not study session
- Come up with questions you need answered
- Goal: Identify any gaps or questions you have

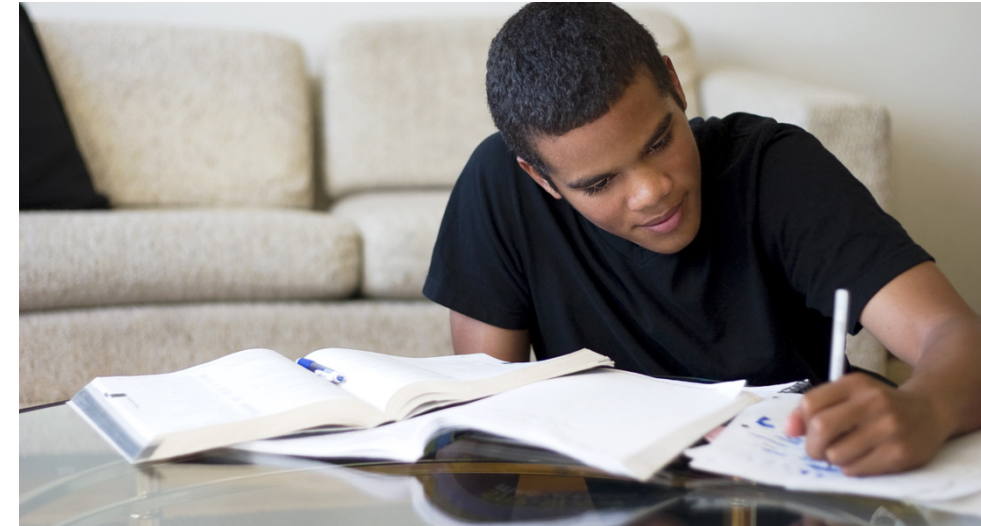


<https://masterhowtolearn.wordpress.com/2019/08/29/3-fatal-reasons-why-you-shouldnt-be-taking-notes-when-studying/>



Step 4: Study (20 – 40 mins)

- Review notes and other material
- Focused 20 – 40 min session should be enough
- Can include: concept mapping, charts, diagrams, visual notes, flashcards, group study, etc
- Goal: To really learn the material



Samples of study aids

TEST PREPARATION Concept Mapping

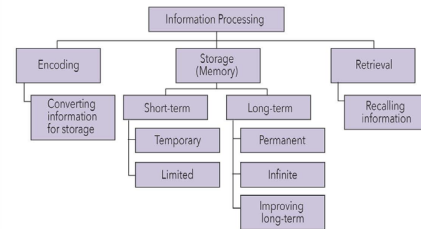
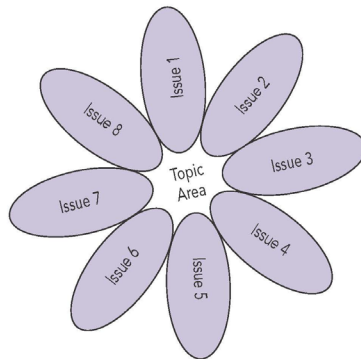
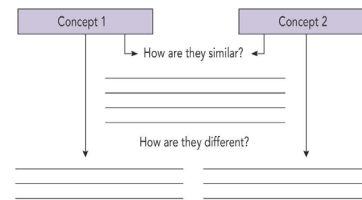
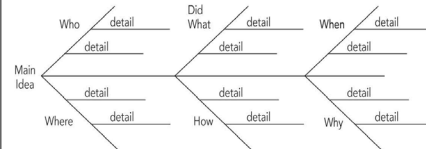
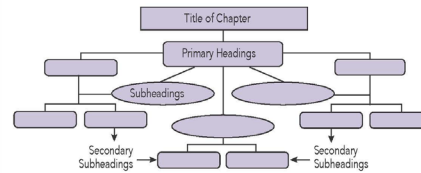
Concept mapping is a way to arrange and manipulate material in a visual manner to assist your organization, comprehension, and retention of material. Try using it in many different ways and for different purposes.



Use Concept Maps to

- Brainstorm ideas
- Organize concepts
- Preview a chapter
- Take notes
- Practice retrieval

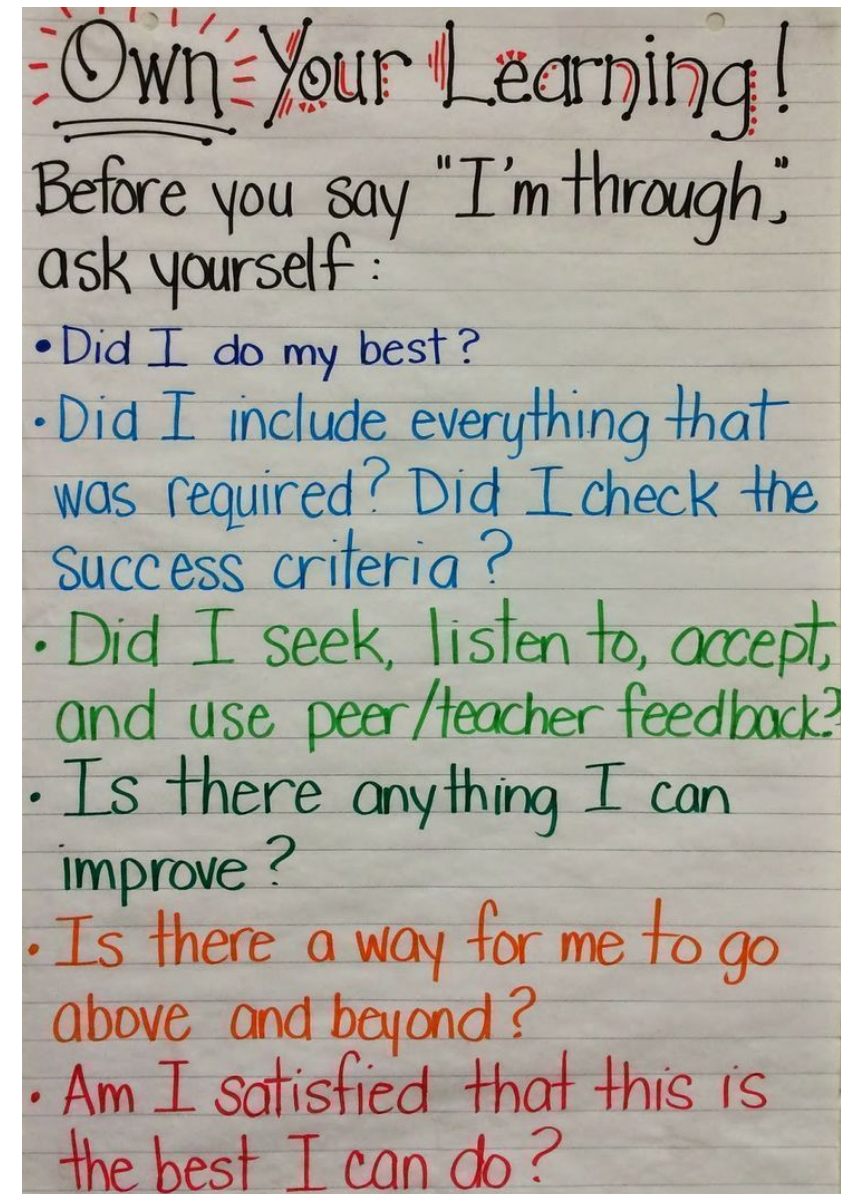
Design maps to fit your needs and style.



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Step 5: Check in (5 mins)

- Ask yourself:
 - Are my study methods working for me?
 - Do I understand this enough to teach it to others?
- If the answer is no, adjustments need to be made
- Goal: Make sure you are doing what works the best for you



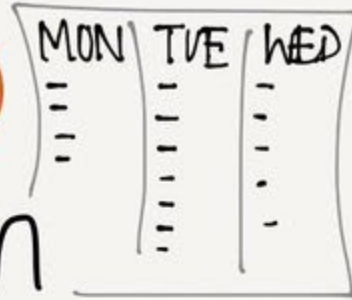
Studying plan



① Goals



② Plan



③ Breaks



④ Balance



⑤ Technology

- chat groups
- shared Google Docs

10 Study Tips
by @ExamTime

⑥ Quiz Yourself

- quiz a buddy
- ask family to quiz you

⑦ Attitude

Be positive





 @wheeler-laura

⑧ Collaborate

Study buddies



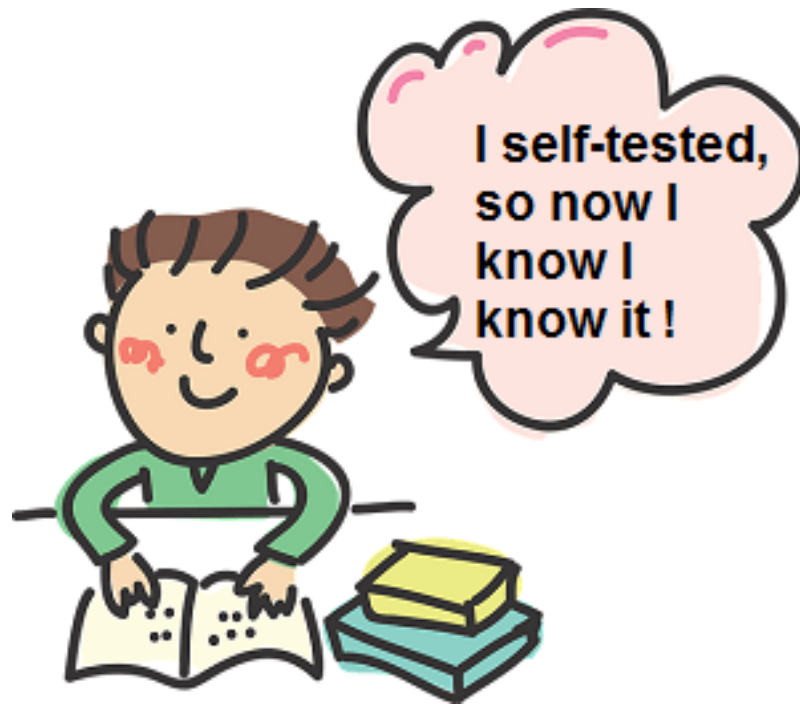
⑨ Routine

same time 
same place 

⑩ Memory Aids

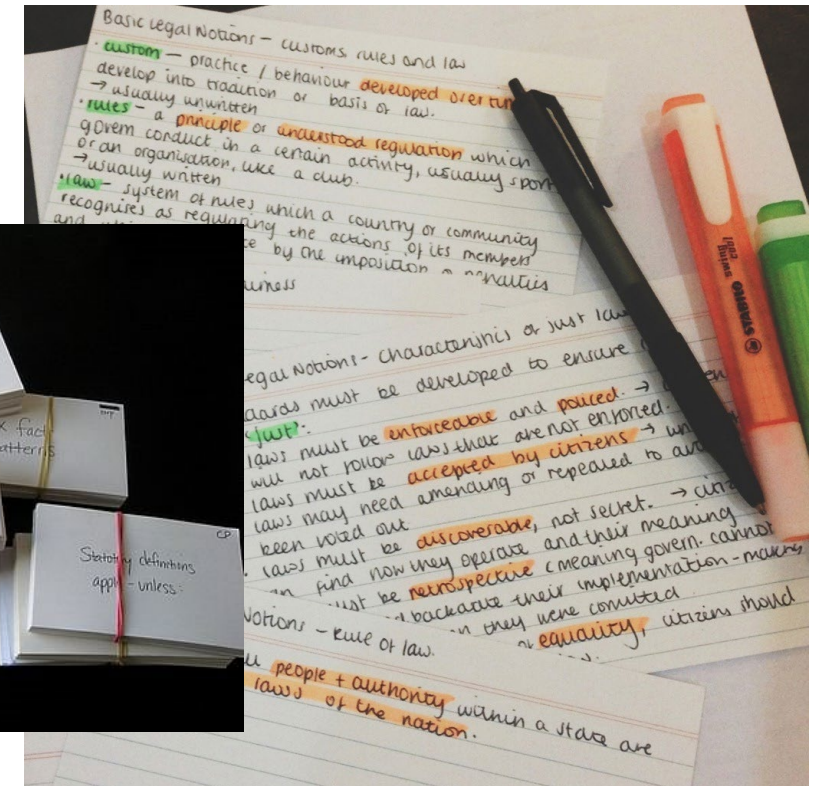
- stories
- mnemonics
- sketchnotes

Practice Self - Testing



What is self – testing?

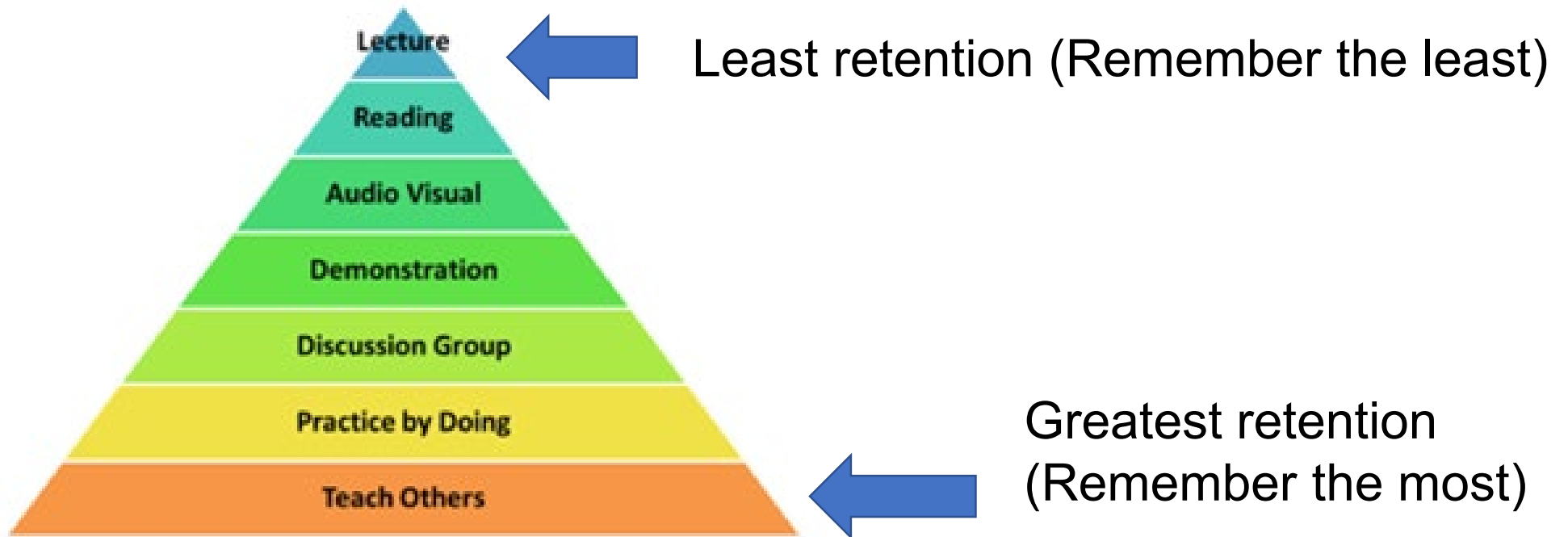
- Exactly what it sounds like! Testing yourself to see if you know the topic
- Helps you get better at retrieving the information in your head
- Helps you learn what you DON'T know
- Methods of self testing
 - Flashcards
 - Answer practice questions
 - Answer study guide questions
 - Make your own questions / quizzes
 - Online review quizzes



Study Groups

We learn the most when we teach others

The Learning Pyramid



Source: National Training Laboratories, Bethel Maine



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Steps to making a study group

1. Find students or classmates who would like to form a study group
2. Arrange to 'meet' everyone
3. Identify goals as a group
4. Figure out the logistics
 - a. When will we meet? How often?
 - b. Who will study what?
 - c. How long do we have to teach each other?
5. Make sure everyone is on the same page



Benefits of study groups

- Eliminates procrastination
- Improves your notes
- Helps you learn faster and cover more material
- Learn new study skills
- Fills in gaps in notes/compare notes
- Sharpens your study skills
- Breaks up the monotony of studying alone
- Improves your people skills



How to increase your focus and concentration



Long term strategies

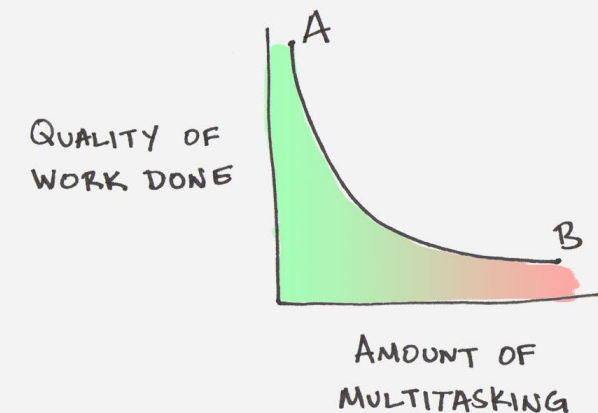
- Improve sleeping habits
- Exercise more
- Spend time in nature
- Meditate and/or practice mindfulness
- Improve your diet
- Try supplements
- Manage your energy, not your time



Quick strategies

- Take breaks
- Prioritize what's important
- Listen to music or minimize distractions
- Drink caffeine
- Do a 'concentration workout'
- Vary your study methods
 - Listen to audio
 - Watch videos
 - Try visual notes
 - Test yourself with past tests and exams
 - Create mind maps
- Avoid clutter
- Motivate yourself
- Don't multi-task

The Myth of Multitasking



A = Looks simple, but actually gets results.

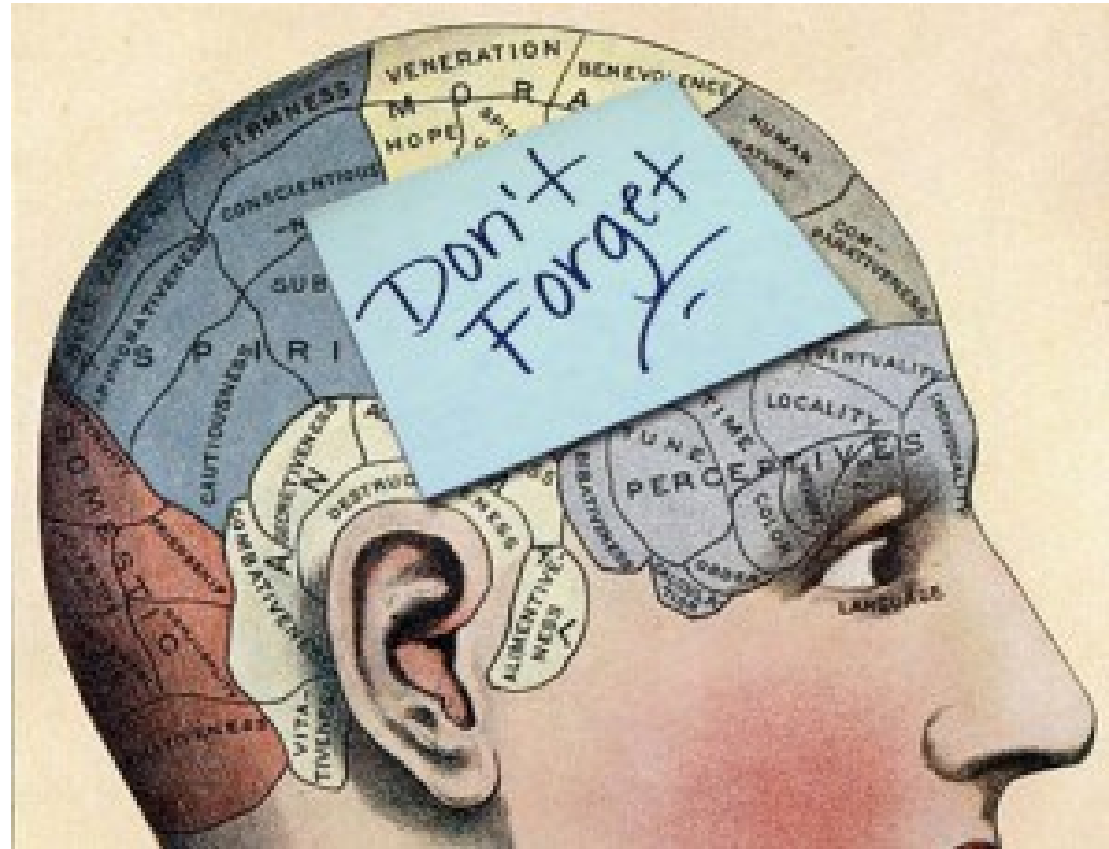
B = Looks busy, but actually wastes time.

JamesClear.com



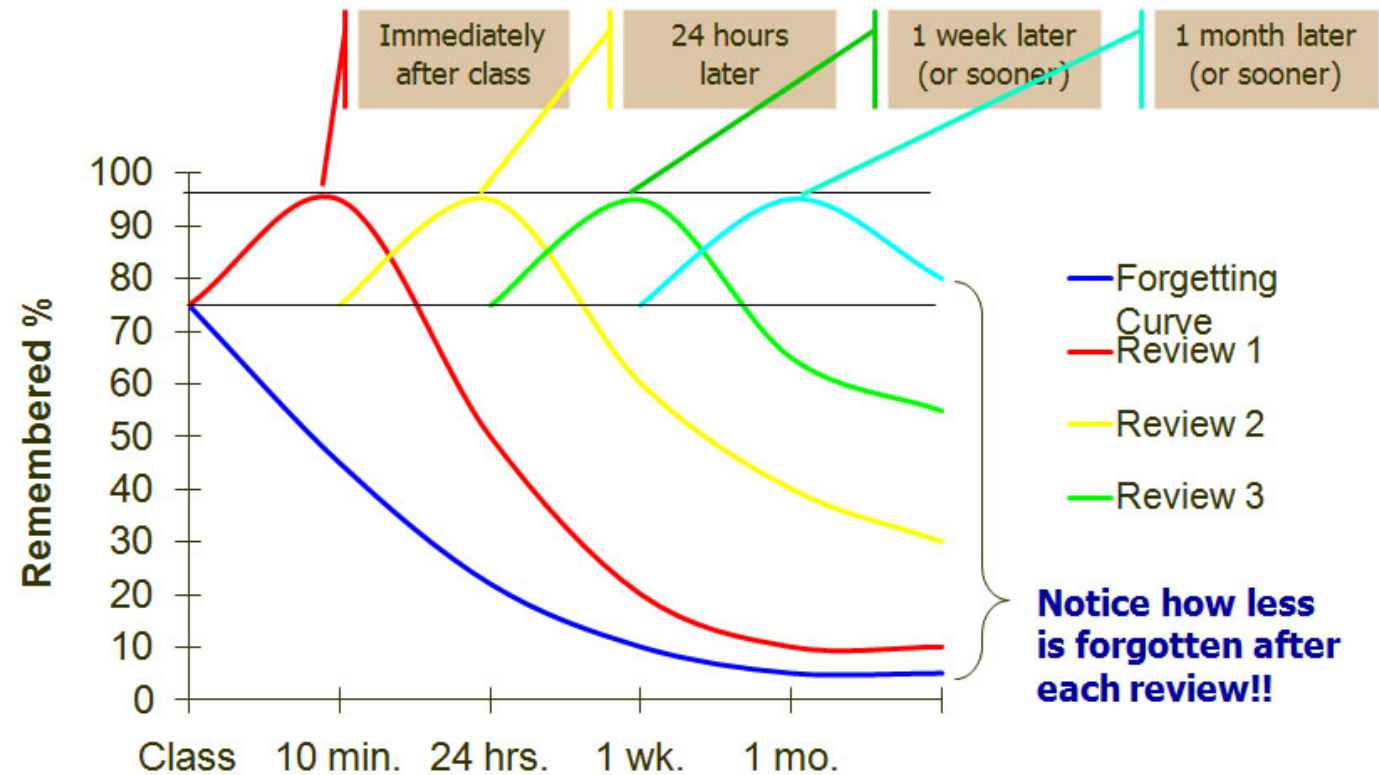
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Memorization strategies



The Forgetting Curve

Overcoming the Curve



10 Memorization Techniques

Gay Miller @
Book Units
Teacher



Association,
Chunking, and
Visualization



Name
Mnemonics



Physical
Movement



Acrostics



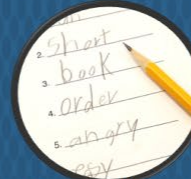
Method of
Loci



Acronyms



Rhymes



Spelling
Rules



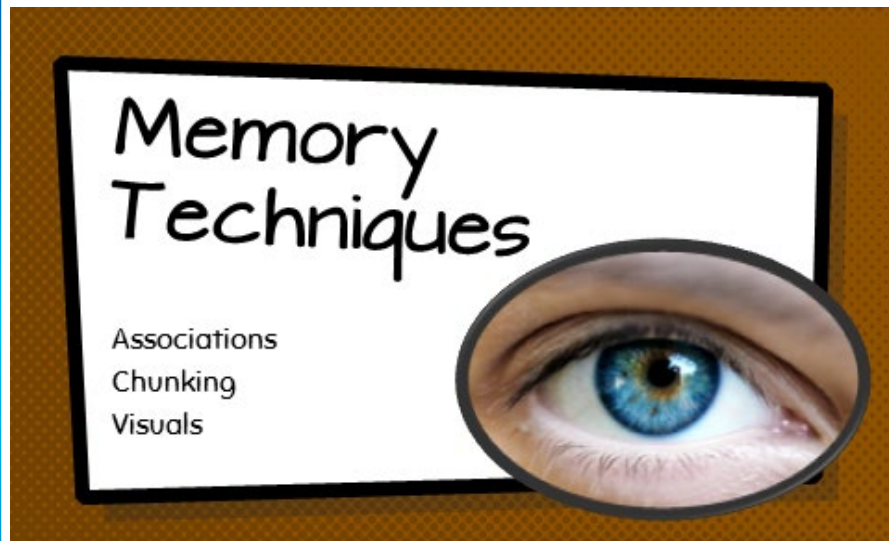
Alliteration



Chaining



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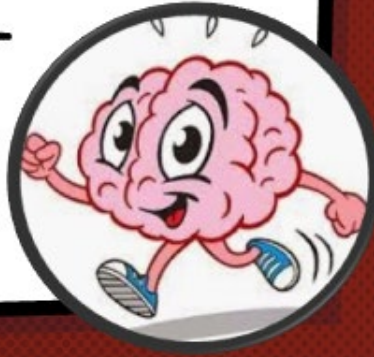
- **Association:** Make easy associations (Bob has brown eyes; they both start with 'b')
- **Chunking:** Grouping items together to remember (grocery list grouped by type of food)
- **Visualization:** Draw diagrams, charts, graphs, flash cards, etc to help remember

Name mnemonics: ROY G. BIV (Red, Orange, Yellow, Green, Blue, Indigo, Violet,



Physical Movement

Increase Memory with Exercise



Physical Movement: Move around while trying to memorize

Acrostics: Some Old Hags Can't Afford
Husbands Til Old Age (Sin=Opp/Hyp,
Cos=Adj/Hyp, Tan=Opp/Adj)

Acrostics

The signs of the zodiac...

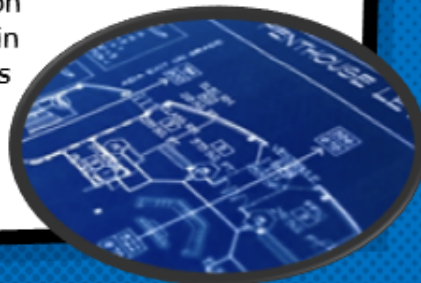
As Times Goes, Cowboys
Love Viewing Little Stars
So Cool And Pretty.

Aries
Taurus
Gemini
Cancer
Leo
Virgo
Libra
Scorpio
Sagittarius
Capricorn
Aquarius
Pisces



Method of Loci

Loci associates information that must be memorized in specific order to locations in a room or house.



Method of Loci or Mind/Memory Palace:
Items are associated with specific places



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Acronyms

FACTS identifies the symptoms of flu.

- F: fever
- A: aches
- C: chills
- T: tiredness
- S: sudden onset



Acronyms: HOMES (Great Lakes - Huron, Ontario, Michigan, Erie, Superior)

Rhymes: Leaflets of three, let it be
(identifying poison ivy)

Rhymes

To identify poison ivy:

Leaflets of three, let it be.



Spelling Rules

- ✗ She screamed EEE as she passed the cEmEtEry.
- ✗ StationERy is for a letter.



Spelling Rules: Arithmetic – A Rat In
Tom's House May Eat Tom's Ice Cream



Alliteration or Repeated Letter

She sells sea shells by the sea shore.



Alliteration / Repeated Letter: Rah, Rah, Ray Rajiformes!

Chaining: Linking words in a list together, ex apple, car, stop, rain, dog – A red apple is being eaten by a person driving a car. They come to a stop sign just as it starts to rain. Just as they are ready to go, a dog runs across the street in front of them.

Chaining

Each word cues the next idea to be recalled.



Other Memory Techniques

- Singing
- Read it out loud
- Act it out
- Write it down – don't type (like Physical Movement)
- Use your five senses (yellow and mint work best!)
- Study and test in the same space (if possible)
- Repeat, repeat, repeat
- Teach others



<https://www.schoolofrock.com/resources/vocals/9-best-vocal-warm-ups-for-singers>

https://en.wikipedia.org/wiki/Improvisational_theatre

<https://www.bostonglobe.com/opinion/2019/03/21/column-writing-internet-age-much-better-and-much-worse/a1EkYGy9ClOrc6Ca3ANW4O/story.html>

<https://www.readandspell.com/teaching-literacy-skills-to-adults>



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Next session?

Get the most from your classes
Wednesday, October 27th 12:00pm – 1:00pm



Comments? Questions? Suggestions?



Contact Accessibility Services
accessibilityservices@northernlakecollege.ca

Contact Candy Owens
owensc@northernlakescollege.ca



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- <https://acadoceo.com/how-to-focus-better-boost-concentration-avoid-distractions/>



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