




## ACTIVE STUDY STRATEGIES

Learning Style	What to do .....
<b>1. Auditory</b>  	<ul style="list-style-type: none"> <li>• Listen to podcasts</li> <li>• Summarise key concepts, record them and play back the audio file</li> <li>• Recite information out loud</li> <li>• Teach it to family or friends</li> <li>• Work in a pair and discuss material</li> <li>• Meet people for a walk/coffee and discuss content</li> <li>• Form a study group - compare study notes – Identify concepts that require clarification</li> <li>• Work collaboratively - each person write a possible exam question and swap within your group</li> </ul>
<b>2. Visual</b>  	<ul style="list-style-type: none"> <li>• Paraphrase content</li> <li>• Write/revise summary sheets</li> <li>• Draw diagrams, pictures</li> <li>• Make flow charts</li> <li>• Build mind maps</li> <li>• Use index cards - question on one side, answer on the other</li> <li>• Use visualisations</li> <li>• Make mnemonics</li> <li>• Use post-it notes</li> <li>• Use coloured paper, cards</li> <li>• Highlighter pens for key concepts</li> <li>• Blu tack - stick study notes on the fridge, toilet door, outside of shower screen</li> </ul>
<b>3. Tactile</b>  	<ul style="list-style-type: none"> <li>• Use highlighters to emphasise/colour code important content</li> <li>• Write detailed notes</li> <li>• Paraphrase - use your own words</li> <li>• Type up revision notes</li> <li>• Doodle or draw while reading</li> <li>• Walk around or stand up while reading notes</li> <li>• Redo or clarify difficult concepts</li> <li>• Do past exams</li> <li>• Make and do a quizlet.com test</li> <li>• Draw and label diagrams</li> <li>• Make a glossary of terms</li> </ul>
<b>4. Other</b>	<ul style="list-style-type: none"> <li>• Organise your study area</li> <li>• Listen to spotify's intense study playlist</li> <li>• Study in the library - in the quiet zone</li> <li>• Write down your study goals for each session and tick them off</li> <li>• Use the "focus now" or Forest" app on your phone</li> <li>• Block social media using the "stay focussed" Chrome extension</li> </ul>

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|  | <ul style="list-style-type: none"><li>• Reward yourself after completing set tasks - take a 15 min power walk</li><li>• Try out the "pomodoro" study technique (google it)</li><li>• Set a brief "to do" list or use the "swipes" app</li></ul> |
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### Other useful sites

The organised student

<http://theorganisedstudent.tumblr.com/>

Active Learning Self-Study Workshops

<https://www.jcu.edu.au/students/learning-centre/short-courses-and-workshops>