**WHAT IS**

**ACTIVE STUDY ?**

Active study means that you are processing new material or reviewing what you already understand in a meaningful, and purposeful way. A good way to ensure that you are engaged in active study is to produce a new product, or to share your learning with someone. Here are some suggested learning and study activities for you to try. If you use these activities, you should experience improved focus, increased concentration, better retention and deeper understanding of the material.

**ACTIVE LEARNING**

- **Write about it:**
  - In your own words, write out the thesis or main point(s) of the reading you just read.
  - Take the formula apart and write it in words.
  - List the pros and cons of 2 or 3 approaches/theories/models.
  - Write out the steps to solving a particular type of problem.
  - After reading an article, reflect on how it connects to what you know so far. Write your thoughts down.
  - Take apart an essay question by making a ‘to do’ list of what you have to do/know to answer the question.
  - List the authors of readings and their key concepts or themes.
  - Make cue cards of new terminology including examples.
  - After studying for an hour or so, write down what you have learned, and what you still need to work on.

- **Talk about it:**
  - Explain how it works to someone.
  - Tell a friend why you find this topic so interesting.
  - Teach the material to someone.
  - Discuss the material in a study group.
  - Reread your notes, then retell them out loud to yourself.
  - Show someone how to solve the problem. Explain as you go through the steps.
  - Talk through the material as if you were giving a presentation.
  - Get together with a classmate and talk over/compare lecture notes.

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**Student Learning Services**

SGW:H-440, LOY: AD-103  (x3921)

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Summarize it:

⇒ After reading a section of a textbook, and underlining key info, write brief notes in your own words
⇒ Using the lecture slides, list all the key words, then write a lecture summary
⇒ Using your notes, create an outline of main ideas and essential details
⇒ After looking over a solved problem from your textbook, write out the procedure/steps, linked to the formula, in your own words
⇒ Reduce a chapter to a ‘cheat sheet’
⇒ Using your lecture notes, create an outline on the topic, then link ideas to your readings
⇒ In your own words, write the main points or arguments from a reading

Draw it out:

⇒ Link concepts to parts of a procedure or equation
⇒ Make a mind map using the key vocabulary on a topic
⇒ Draw a graph illustrating the concept
⇒ Create a flow chart for a process
⇒ Draw a diagram and label it
⇒ Draw parallel timelines for cause (events) and effect
⇒ Make a concept map of a theory or model
⇒ Think about the big picture. Where does this idea belong? Draw it out
⇒ Before reading the chapter, preview it. Make a ‘map’ of its contents/parts
⇒ Make a timeline of the evolution of an idea, theory or concept
⇒ Make a matrix of key terms/themes/concepts and their characteristics and functions

Test yourself:

⇒ Make multiple choice questions
⇒ From memory, create an outline on a topic using info from lecture notes, linked to readings
⇒ After reading, try the questions at the end of the chapter
⇒ Write out the procedure or steps from memory
⇒ Take cue cards from the whole course, shuffle them, and sort them into themes, topics, processes, etc.
⇒ Make a concept map from memory
⇒ From memory, recreate a diagram and label it
⇒ Do practice questions
⇒ Work out the problem step by step without referring to your notes or solutions