SMART CHOICES FOR LEARNING

START SMART

• Choose courses that interest you
• Buy the textbook and/or course package early – get familiar with it/them
• Read the course outline to get the BIG picture and know what’s coming up
• Go to class regularly and get to know your professor

STUDY SMART

• Learn as you go: review notes regularly, keep up with the reading
• Test yourself often, fill gaps in your understanding and clarify info as you go
• Be selective - focus on the most important ideas
• Know how many hours a week you have to study - make tasks fit into the time available
• Don't be a perfectionist: - just do it!
• Deal with procrastination – eliminate distractions

GET THE BIG PICTURE

• Organize ideas in your notes after each lecture; map the main ideas
• Check the Table of Contents of your text to see how ideas are organized
• Organize problems in groups: concept + variations

TALK A LOT

• Soon after lecture or reading, explain/teach the main points out loud to yourself or to someone
• Review a chapter by talking your way through the headings in the Table of Contents
• After doing a problem, summarize the procedure in words
• Discuss course ideas with others - form a study group

KNOW AND USE UNIVERSITY RESOURCES

• See your professor regularly during Office Hours or make an appointment
• Take workshops at the Student Success Centre
• Work with a free Writing or Math Tutor
• Join an English Conversation group like ‘Talk Times’ in the Student Success Centre
• Get some self-help books from the Career Resource Centre library
• See a Counsellor for personal problems
• Make an appointment with a Learning Specialist at the Student Success Centre