

## Five Learning Tips

Learning at university involves understanding and applying information, working out what you know and understand, fixing what you don't.

### **You learn better when you know what to expect, so....**

- ▶ Go to the first class
- ▶ Look through your whole textbook: see what's covered, what's coming up,
- ▶ how concepts are divided up, etc
- ▶ Refer to your course outline often--know what topics will be discussed in the next class.

### **You learn better when you review information.**

If you don't review within 24hrs, you forget 50% of what you learned, so...

- ▶ Read over your notes from class
- ▶ Think through was covered in class
- ▶ Do practice problems
- ▶ Do the readings

### **You learn better actively**

Much of what you do in class is passive—watching, listening or reading. So, make it active...

- ▶ Talk about what you are learning-- to yourself, to friends, family etc.
- ▶ Write – summarize in your own words something (article, problem, concept) you've learned.
- ▶ Keep a small notebook with you to write down ideas, suggestions, questions, topics to cover.
- ▶ Work with friends—study together

### **You learn better when you fix what you don't know**

so be proactive

- ▶ When you don't know something, find out—coach, Brigeen, profs, Student mentors, friends
- ▶ If you don't know how to study for your class, come meet with a Learning Specialist.
- ▶ If you need individual help with basic science, writing or math, sign up for tutoring.
- ▶ If you need help with your course, see your Prof or TA. Ask for an appointment if their office hours don't fit your schedule.

### **You learn better when you make studying part of your daily life**

- ▶ Don't compartmentalize--study/think/plan assignments where and when you can.
  - Find out who in your team is in your class and study together on road trips.
  - Use downtime: always have something with you to work on.
  - Take flashlight with you to read on bus.
- ▶ Value athletics and studies equally.