

FIVE LEARNING ESSENTIALS

Learning at university involves **understanding & applying** information. This means you need to be aware of what you know and don't know, and work on filling in the gaps.

1. 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

2. 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. Add information while it's still 'fresh'
- Think through what was covered in class. Main ideas? Why is this important?
- Do practice problems following instructions and hints from your lecture notes
- Do the readings before class; review your reading notes after class. Make connections

3. 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
- Do more practice problems, then do harder problems, and then get them right without help
- Keep a small notebook with you to write down ideas, suggestions, questions, topics to cover
- Make visual maps or diagrams of what you are learning
- Work with friends—study together

4. You learn better when you fix what you don't know. Be proactive!

- When you don't know something about Concordia, find out: check the web site, ask Profs, TAs, librarians, Student Mentors, friends, Academic Advisors, classmates
- If you don't know how to study for your class, ask your prof or meet with a Learning Specialist
- If you need individual help with 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 with your schedule

5. You learn better when you make studying part of your daily life

- Study & learn every day; keeping up with your class assignments and readings makes learning easier
- Make a weekly study plan. Set aside quality time to do your most difficult work
- Break larger tasks or assignments down into smaller parts. Do one part at a time. Start early when perhaps your schedule is not so busy
- Use spare time; always have something with you to work on