

# 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