**Passive vs. Active Approaches to Studying**

**Passive**

* Misses class frequently or is unfocused during class.
* Rewrites notes from lecture or text as originally written.
* Has NO schedule.
* Crams for exams.
* Uses only one approach to studying, i.e. looking at notes over and over.
* Waits for the “feeling” that they know the material.
* Highlights notes and texts extensively on first reading.
* Primarily uses rote memorization.

**Active**

* Remains alert during class by focusing on identifying answers to questions generated when previewing packets and tests.
* Summarizes material in “own words”.
* Creates realistic schedule including studying, recreation, and exercise.
* Uses intermittent review to ensure long-term memory.
* Uses many approaches to ensure long-term memory (reading, verbalizing, visualizing, summarizing.)
* Reorganizes information to highlight similarities and differences.
* Creates charts, flow diagrams or other summaries to facilitate long-term learning and integration of material.
* Approaches new reading material with questions to be answered. Minimal re-reads.
* Relates old information to new information.
* Uses self-testing (old or sample test questions) to ensure mastery of material.