Passive vs. Active Approaches to Studying

Passive

👎 Misses class frequently or is unfocused during lecture.

👎 Highlights notes and texts extensively on first reading.

👎 Rewrites notes from lecture or text as originally written.

👎 Has NO schedule.

👎 Uses only one approach to studying, i.e. looking at notes over and over.

👎 Waits for the "feeling" that they know the material

👎 Primarily uses rote memorization

👎 Crams for exams.

Active

👍 Remains alert during lectures by focusing on identifying answers to questions generated when previewing packets and tests.

👍 Approaches new reading material with questions to be answered. Minimal re-reads.

👍 Summarizes material in "own words"

👍 Creates realistic schedule including studying, recreation, and exercise.

👍 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.

👍 Relates old information to new information.

👍 Uses self-testing (old or sample test questions) to ensure mastery of material.

👍 Uses intermittent review to ensure long-term memory.