

**Applying effective study strategies that build on your personal strengths and preferences can not only boost your academic performance, but also make studying more enjoyable! Start reviewing material regularly and try new approaches to find the best strategies for you.**

## Prepare to Study



1. **Gather information** about the assessment (e.g. format, content, weight, etc.).
2. **Organize** course materials that you have been given and produced yourself.
3. Prepare your **mind, body, and environment** for optimal focus and learning.
4. Create a **study schedule** and **set goals** for each study session.

## Study Actively

**Re-reading and re-writing notes is not enough** to learn at a university level.

Apply these 7 principles to elevate your studying and reach your academic goals!

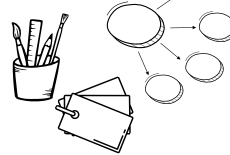
**Explore** different modes and senses to engage.



**Question** the material, its context, and relevance.



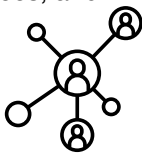
**Create** study aids and learning materials.



**Retrieve** information without using your resources.



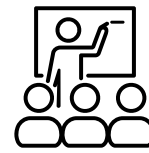
**Relate** new ideas to familiar concepts, experiences, and imagery



**Elaborate:** seek to analyze and evaluate, not just understand.



**Teach** the material to peers and friends.



## Examples of Active Studying

- Summary sheets
- Creating practice tests
- Mind mapping
- Flashcards
- Wall or room mapping
- Mnemonic devices (see handout)
- Re-enacting
- Diagramming
- Timelines
- Discussing concepts in conversation or soundboarding

The **Academic Success Centre** provides free content, study skills and writing tutoring for UNBC students.

To learn more, **scan the QR code**, or visit the **ASC**, located in the Library Learning Commons (5-139G).

