STUDY TECHNIQUES: MAKE IT STICK

Overview:

Students often ask Learning Fellows for advice on how to best prepare for an exam. This activity familiarizes Learning Fellows with the top strategies for effective studying, as described in the book Make It Stick: The Science of Successful Learning by Peter Brown. Learning Fellows can discuss which activities might work best for their course or their individual students, then make informed recommendations to students when they are approached for advice.

Learning Objectives:

● Learn the top three strategies for effective studying and some additional strategies.
● Understand the context in which students typically study and why this is ineffective.
● Discuss strategies for promoting effective study habits among students.

Reading:


Activity:

● There are two handouts for this activity. Handout 1 describes the top three most effective study strategies: practicing memory recall, spacing out study sessions, and interleaving studying from different courses. Handout 2 describes other study strategies. Using one or both handouts, allow the Learning Fellows time to read over the material and form some ideas about the reading(s).

● As a group, discuss what strategies are appropriate for this course or for individual students in the course. Discuss what might keep students from practicing effective study habits, and brainstorm ways to around these challenges. If time permits, roleplay giving advice to students on their study habits.

Interesting note:

This activity was developed by graduate students working alongside Learning Fellows in an organic chemistry course. The graduate students had read Make It Stick to improve their performance in studying for their comprehensive exams and wanted Learning Fellows and other undergraduates to know about this resource earlier in their teaching careers.