

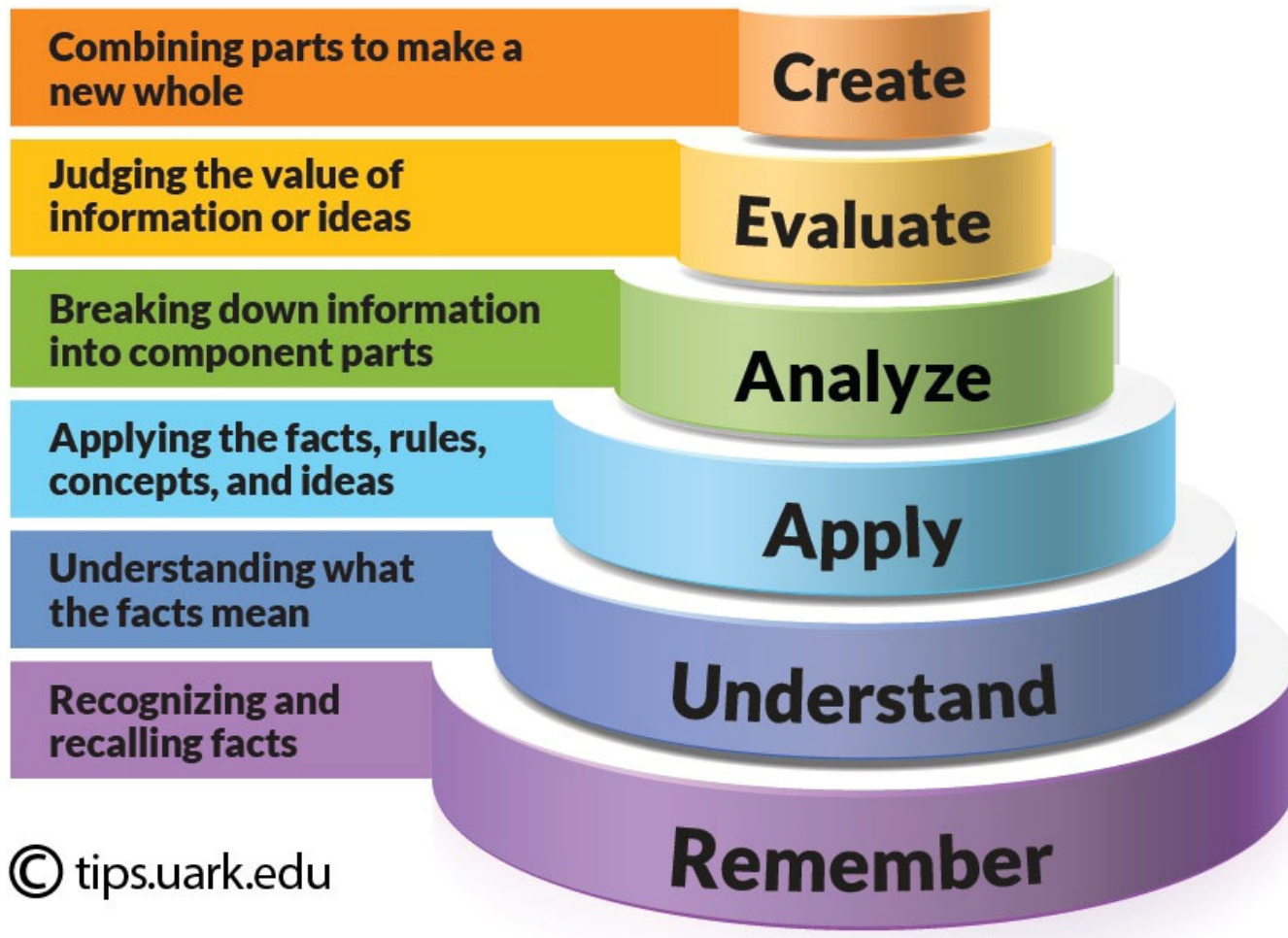
Brain Training

- Tuesdays at 1:00pm, SW103; Wednesdays at 8:00pm, Zoom
- ~~February 20-21: Tools of the Brain~~
- February 27-28: Effective Studying
- March 5-6: Beat Procrastination
- March 12-13: Spring Break
- March 19-20: Conquer Exams

Effective Studying

Ways to study to make the most of
your time

The Taxonomy of Understanding



The Dangers of Distraction

The Dangers of Distraction

The screenshot shows a web browser displaying a PDF of a PowerPoint presentation. The browser's address bar shows the URL: cpb-us-w2.wpmucdn.com/sites.udel.edu/dist/6/132/files/2010/11/Psychological-Science-2014-Mueller-0956797614524581-1u0h0yu.pdf. The presentation is titled "Psychological-Science-2014-Mueller-0956797614524581-1u0h0yu.pdf" and is on slide 3 of 10. The slide content is titled "Longhand and Laptop Note Taking" and features a green header with the text "The Dangers of Distraction". The slide body is currently blank. The PowerPoint interface is visible, showing the "Slide Show" tab with options like "Play Narrations", "Use Timings", and "Show Media Controls". The Windows taskbar at the bottom shows the time as 3:19 PM on 10/2/2023.

$d = 1.4$, corrected for unequal variances (see Fig. 2). A simple n -gram program measured the extent of textual overlap between student notes and lecture transcripts. It

predicted verbatim overlap, and verbatim overlap negatively predicted performance, indirect effect = 0.34, 95% CI = [0.14, 0.71]. Normal theory tests provided identical

The Dangers of Distraction

The image shows a screenshot of a Windows desktop with a web browser open to a PDF document titled "Psychological-Science-2014-Mueller-0956797614524581-1u0h0y.pdf". The browser tabs include "Inbox (2)", "1.263 novemdecilio...", "Major League Base...", "39 Minutes of Ji...", "Writing vs Typing N...", "Psychological-Scienc...", "Smaller pieces - One...", and "Read_with_purpose...".

In the foreground, a PowerPoint presentation is displayed. The slide title is "The Dangers of Distraction". The slide content includes the text: "Longhand and Laptop Note Taking" and "Effective Studying Fal. 2023 - PowerPoint". The slide number is 3. The presentation is titled "The Dangers of Distraction".

Five red ovals with arrows pointing to browser tabs represent distractions:

- Browser Game**: Points to the "1.263 novemdecilio..." tab.
- Reddit**: Points to the "Major League Base..." tab.
- YouTube**: Points to the "39 Minutes of Ji..." tab.
- Discord**: Points to the "Writing vs Typing N..." tab.
- eBook**: Points to the "Psychological-Scienc..." tab.

The bottom of the screen shows the Windows taskbar with the search bar and various application icons. The system tray shows the time as 3:19 PM on 10/2/2023.

The Power of a Preview

The Power of a Preview

The procedure is actually quite simple. First you arrange items into different groups. Of course, one pile may be sufficient depending on how much there is to do. If you have to go somewhere else due to lack of facilities that is the next step; otherwise, you are pretty well set. It is important not to overdo things. That is, it is better to do too few things at once than too many. In the short run this may not seem important, but complications can easily arise. A mistake can be expensive as well. At first, the whole procedure will seem complicated. Soon, however, it will become just another facet of life. It is difficult to foresee any end to the necessity of this task in the immediate future, but, then, one can never tell. After the procedure is completed, one arranges the materials into different groups again. Then they can be put into their appropriate places. Eventually they will be used once more, and the whole cycle will then have to be repeated. However, that is a part of life.

The Power of a Preview

“If you have to go somewhere else due to lack of facilities that is the next step”

Where do you go?

The Power of a Preview

LAUNDRY

The procedure is actually quite simple. First you arrange items into different groups. Of course, one pile may be sufficient depending on how much there is to do. If you have to go somewhere else due to lack of facilities that is the next step; otherwise, you are pretty well set. It is important not to overdo things. That is, it is better to do too few things at once than too many. In the short run this may not seem important, but complications can easily arise. A mistake can be expensive as well. At first, the whole procedure will seem complicated. Soon, however, it will become just another facet of life. It is difficult to foresee any end to the necessity of this task in the immediate future, but, then, one can never tell. After the procedure is completed, one arranges the materials into different groups again. Then they can be put into their appropriate places. Eventually they will be used once more, and the whole cycle will then have to be repeated. However, that is a part of life.

The Power of a Preview

“If you have to go somewhere else due to lack of facilities that is the next step”

Where do you go?



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IMAGE ID: 2115006638
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The Power of a Preview

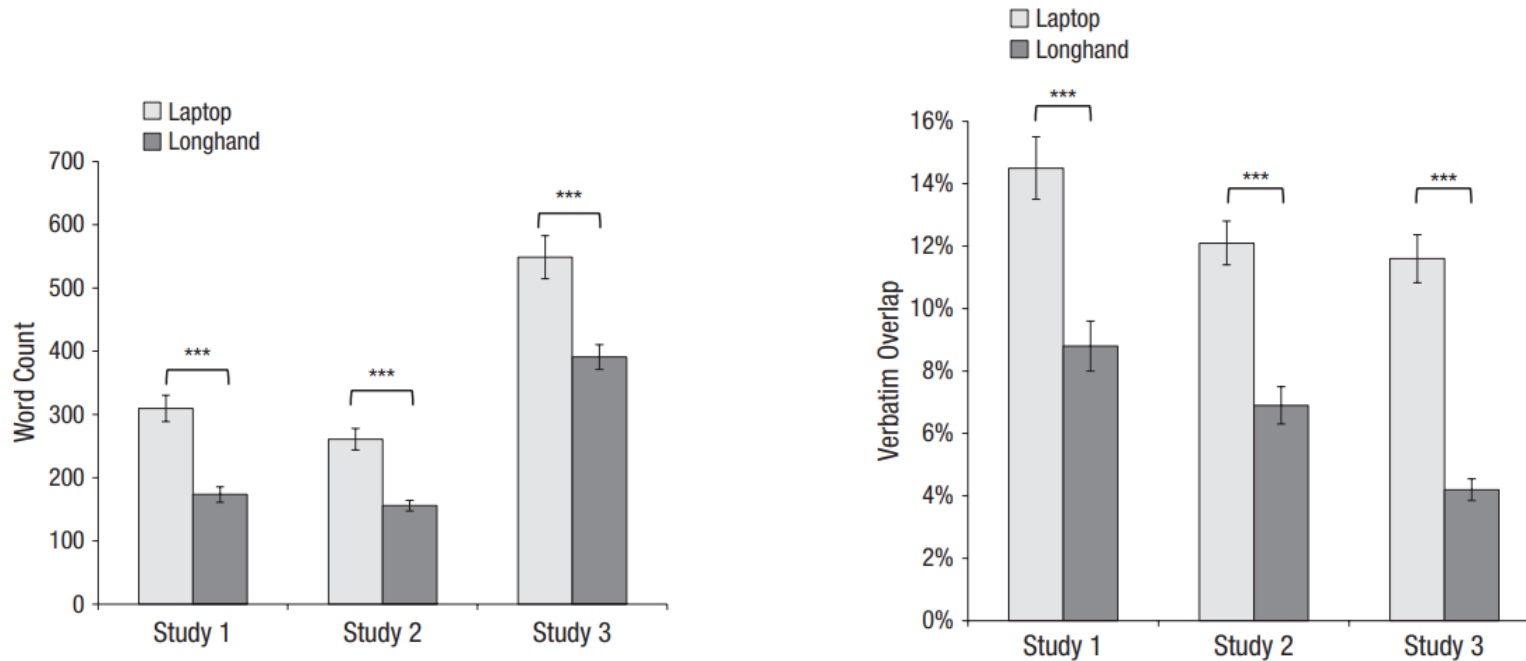
- Skim a chapter before reading it
 - Subheadings, pictures, graphs, equations
 - Read the first sentence of each paragraph
 - Look at the little boxes and such
- Preview a lecture ahead of time
 - Slides online, syllabus, textbook, YouTube

Effective Note-taking

Longhand > Typed

Effective Note-taking

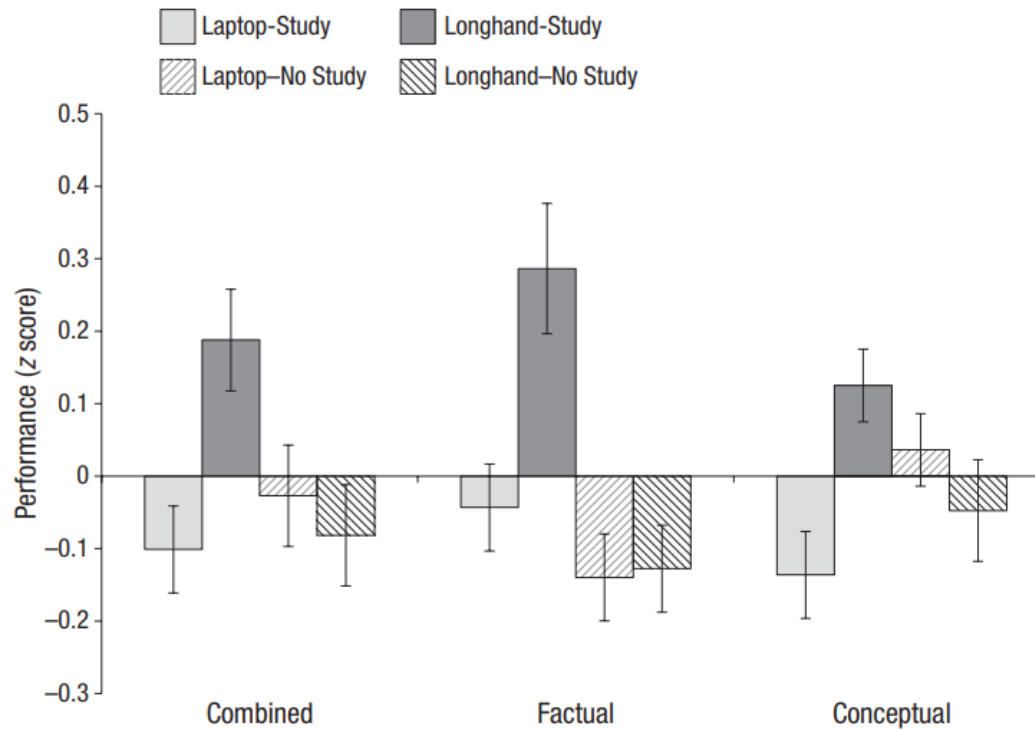
Longhand > Typed



Mueller, Pam A. and Oppenheimer, Daniel M. "The Pen is Mightier Than the Keyboard: Advantages of Longhand Over Laptop Note Taking." *Psychological Science*, 1-10. 2014.

Effective Note-taking

Longhand > Typed



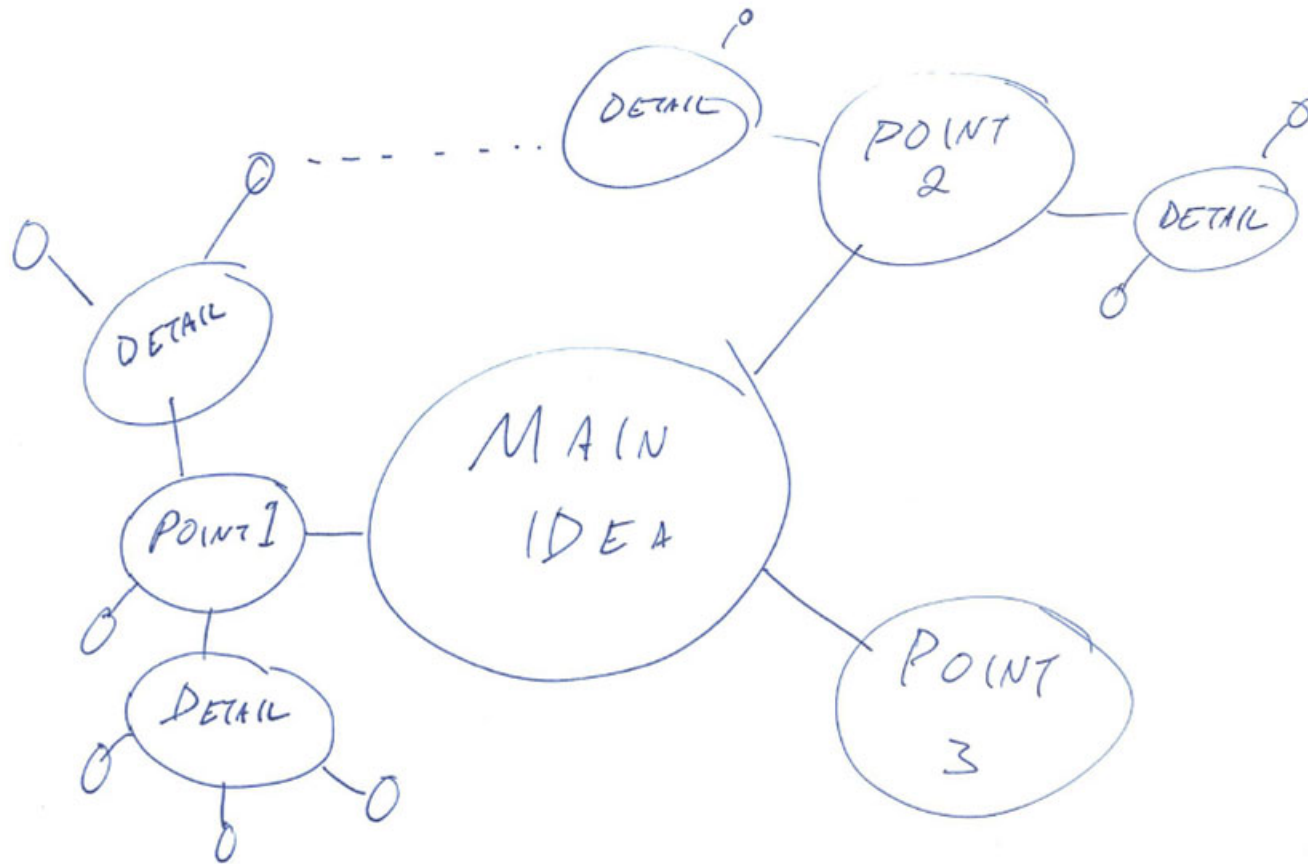
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Effective Note-taking

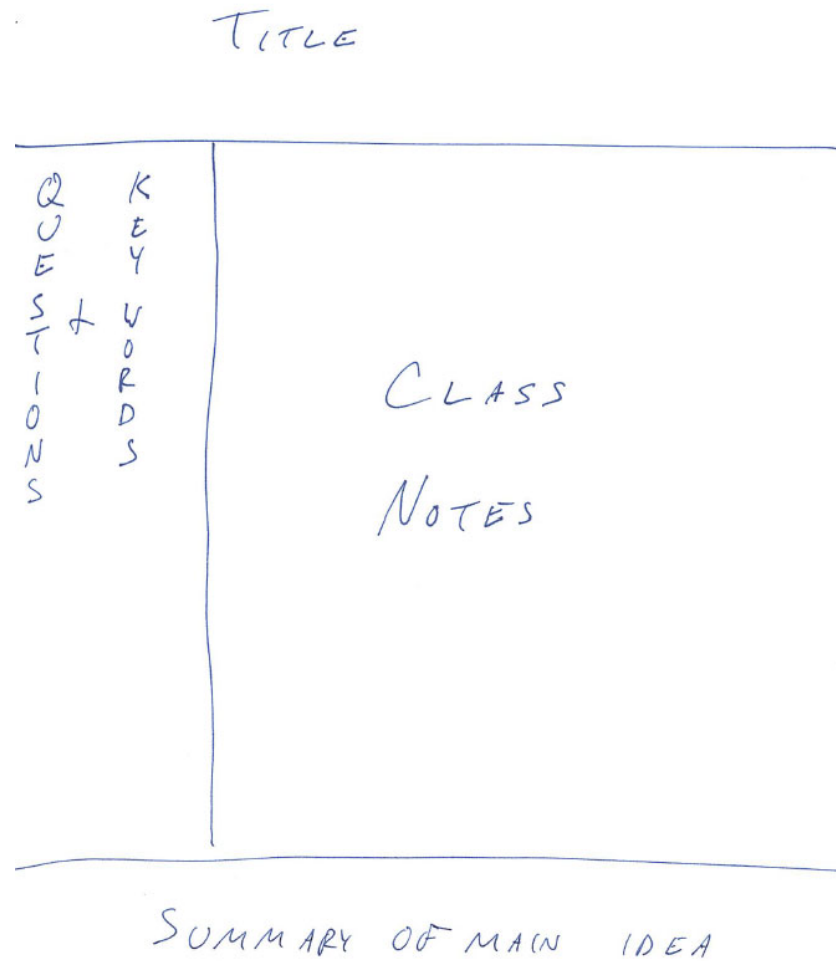
OUTLINE METHOD

1. FIRST MAIN POINT
 - A. SUB-POINT
 - B. ANOTHER SUB-POINT
 1. SUB-SUB-POINT
2. SECOND MAIN POINT
 - A. SUB-POINT
3. ADVANTAGES
 - A. FAMILIAR, EASY TO FOLLOW
 - B. SLIDES + HANDOUTS USUALLY FOLLOW THIS STRUCTURE
4. DISADVANTAGES
 - A. HARD TO LINK IDEAS TOGETHER
 - B. HARD TO STRUCTURE PROPERLY IF YOU DON'T INITIALLY UNDERSTAND

Effective Note-taking



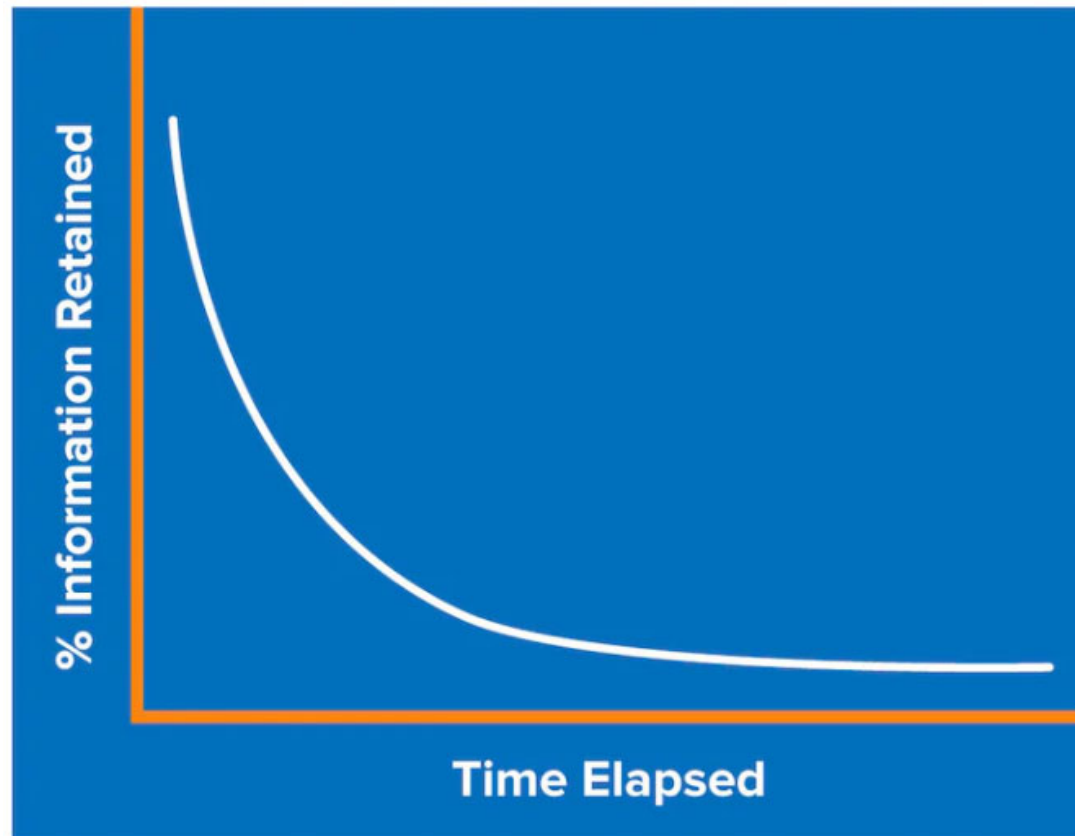
Effective Note-taking



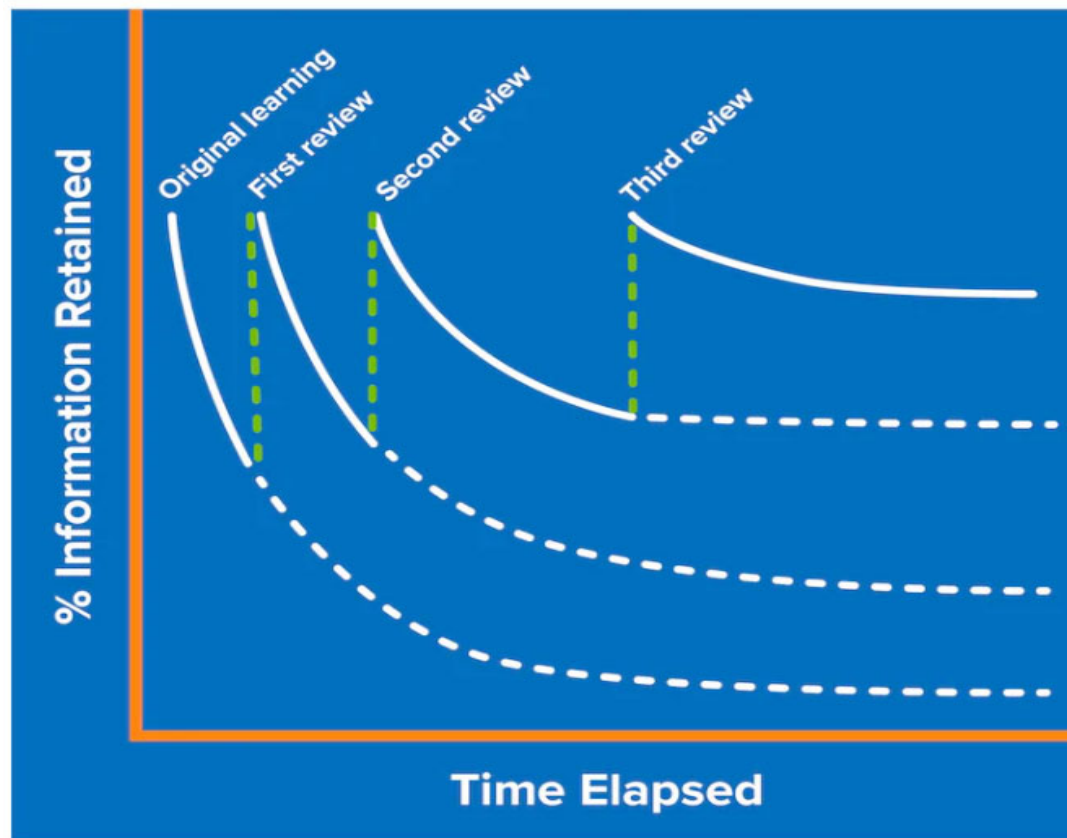
Effective Note-taking

- Re-copy your notes!
 - It doesn't take that long – usually less than 15 minutes
 - Writing things out reinforces learning
 - Update your notes from the beginning of the lecture with your new understanding
 - Spot things you need to get clarification on
 - Clean and organize your notes for later review
 - Do it as soon as possible – while the information is fresh
 - Get stuff down while it's still in short-term memory

The Value of Spaced Repetition



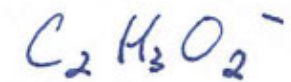
The Value of Spaced Repetition



Flash Cards

- Writing by hand reinforces learning
- Mix up the *order*
- Mix up the *direction*

Flash Cards



HYDROXIDE

BICARBONATE

CYANIDE

ACETATE

Flash Cards

HYDROXIDE

CN⁻

ACETATE

HCO₃⁻

OH⁻

CYANIDE

C₂H₃O₂⁻

BICARBONATE

Flash Cards

- Writing by hand reinforces learning
- Mix up the *order*
- Mix up the *direction*
- Used spaced repetition
 - A few minutes frequently > doing it a lot at once
- Carry them with you

Prepping for an Exam

- Test yourself
- Make a cheat sheet/study guide
- Re-do homework/earlier exams
- Work in groups
- Most important: Have *some* kind of strategy!

Take home tips

- Preview your lectures
- Write notes by hand
- Take good notes
 - ASK QUESTIONS!
- Recopy your notes the same day
- Review your notes using spaced repetition
- Memorize what you are told to memorize
- Test yourself
 - Have a study strategy