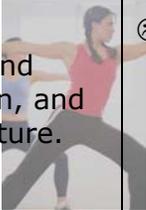




WHAT WORKS	WHAT DOESN'T WORK
<p>☺ Regular Attendance Students who are in class can hear what the teacher thinks is important, know about changes in assignments and tests, meet with other students, and gain the benefits of being part of the class. This contributes toward academic success.</p>	<p>☹ Absenteeism Unless you sign up for an independent study course, the class is designed with student attendance and participation in mind. If you do not go to class, you will miss important information and opportunities to learn. You may also miss important information that could be on the test.</p>
<p>☺ Prioritizing Activities Know what you want in the short and long term. Make choices based on your goals to achieve success.</p>	<p>☹ Overloading Students who try to do too much often find they don't do anything well. Worse, they may crash and burn toward the middle or end of the term.</p>
<p>☺ Getting Help Early Know how you are doing in each course. If you need help, get it immediately. Instructors and tutors are your best resource when you need help. Aunt Jo may be a math whiz, but she might be more focused on helping you get the right answer than on helping you learn the content.</p>	<p>☹ Going it Alone Two heads are better than one. Find a study buddy, get help from a tutor, or go talk to your instructor. Working with others relieves stress and generally makes life easier.</p>
<p>☺ Disciplined Effort Studying regularly, preparing for class, planning regular review sessions, and putting in extra time pays off. This does not mean you turn into a workaholic. A disciplined person has time for a well-balanced life.</p>	<p>☹ Magic Bullets Audio tapes to play as you sleep, vitamins that enhance your learning, and other commercial gimmicks don't work. Only work works, so save your money.</p>
<p>☺ Building Vocabulary Learning the vocabulary of each subject you are studying means that you "speak the language" of that discipline. You will be able to listen/read in that field and understand. You will be able to communicate your ideas with precision.</p>	<p>☹ Limited Vocabulary If you cannot use the language of the subject, you cannot understand the text or the lecture well, and you may not even understand the test questions later. Precise and specific use of the language of a subject is an indication of understanding.</p>

WHAT WORKS	WHAT DOESN'T WORK
<p>☺ Spaced Practice Review a lecture or reading within an hour of the first time through. Review again within 24 hours. Review again within 7 days. After three reviews, you will retain between 70% and 80% of the information. Then before an exam, one or two times through the material brings it back up to near-perfect recall.</p>	<p>☹ Cramming Cramming doesn't work for long term learning. It may get you through a quiz, but information learned by cramming is soon forgotten. You need to learn for long term recall. This is critical for courses in sequence, or courses that prepare you for your major.</p>
<p>☺ Key Idea Notes Take notes that reflect concepts and patterns—the main ideas. Most student notes are too detailed. When you listen or read for the minimum notes possible, you are much more likely to concentrate on what's most important.</p>	<p>☹ Verbatim Notes Don't try to capture everything in a lecture or reading. Pay close attention to material and distinguish main ideas from trivia. Headings, sub-headings, bold words, and chapter summaries are good places to find main ideas.</p>
<p>☺ Good Health Being fit means that you will be alert and ready to learn. Exercise, good nutrition, and good rest are an investment in your future.</p> 	<p>☹ Poor Health Illness, fatigue, and absenteeism all result from poor health. It does not promote success.</p>
<p>☺ Natural Drugs Serotonin, the brain's own "feel good" drug, actually enhances learning. Your brain produces serotonin when you have a good attitude. So "psych yourself up" for study. Regular exercise can help enhance the natural serotonin in your body.</p>	<p>☹ Artificial Stimulants Even legal stimulants, like cigarettes and too much caffeine, do more to inhibit clear thinking than they do to help it. Avoid them.</p>
<p>☺ Relating Connect what you are learning to other information in the course, to your own experience, and to concepts in other courses. This will help you understand and recall what you are learning.</p>	<p>☹ Re-reading Constant rereading wastes your time. If you do not understand the first time through, pay attention to main ideas and vocabulary. This will help your comprehension.</p>
<p>☺ Multi-sensory Learning The more you use your senses when you learn, the easier it is to recall the information. Taking notes, reading and reciting aloud, using color, and discussing with others are all examples of multi-sensory learning.</p> 	<p>☹ Single Sense Learning Using just one sense is less effective than multi-sense learning. Effective reading and listening both require active inquiry and association. Taking notes during reading and listening keeps attention focused and adds another sense.</p>