Chapter 7 – Learning and Tests

Understanding how you LEARN, how to STUDY, and how you approach TESTS improve your academic performance.

Processes and Products
Step 1 – Select Information to Learn (Condense Information Load)
Step 2 – Engage Yourself in Learning
(How You Learn is How You Perform)

INFORMATION "IN"

INFORMATION "OUT"

FRAGMENTED

ADEQUATE

SHARP

ENGAGE YOURSELF IN LEARNING

MONITOR YOUR LEARNING

SELECT NEW INFORMATION TO LEARN

STUDYING IN COLLEGE

MEMORIZE SELECTED MATERIAL

ENGAGE YOURSELF IN LEARNING

MONITOR YOUR LEARNING

SELECT NEW INFORMATION TO LEARN

STUDYING IN COLLEGE

INFORMATION "IN"

INFORMATION "OUT"

FRAGMENTED

ADEQUATE

SHARP

SHARP
Step 3 – Memorize Selected Material
(Strategies to Memorize Information)

MEMORY Strategies

- Distributive Practice
- Recitation
- Meaningful Organization
- Mental Visualization
- Over Learning
Step 4 – Monitor Your Learning
(Check how well you have learned)

When you learn something carefully, you should be able to explain the material to someone else.