Choose the Right Study Strategy

PASSIVE strategies...

don’t require you to think about the material deeply leading to superficial understanding of the concepts. Examples include:

✓ Flashcards (sometimes!)
✓ Rewriting notes
✓ Rereading chapter summaries
✓ Looking over chapter outlines
✓ Rereading textbook
✓ Reviewing highlighted material from your textbook

ACTIVE strategies...

require you to THINK about and REORGANIZE information to promote long term understanding of concepts more deeply. Examples include:

✓ Explaining material in your own words, from memory, without using your book
✓ Developing a concept map or a flow chart to reorganize the material
✓ Answering practice questions on the material (self-developed or from textbook or old tests) – avoid “pattern matching”
✓ Relating theories to made up stories or real life, personal examples
✓ Looking at the charts and diagrams in your textbook and explaining what is going on in your own words – “break” diagrams

Learn more tips and strategies in our online video series or by scheduling an individual academic coaching session.

Find us at asundergrad.pitt.edu/study-lab.