

# Active Study Techniques

**Active vs. Passive Studying:** Many students study in a “passive” way by rereading, highlighting, and underlining their notes. This is a fine first step in a study process, but it should be followed by an “active” study technique. Active techniques include some form of self-testing so one can see what information they are understanding and what concepts they need to review.

**Directions:** To begin studying a concept, choose an active-study strategy from the left column. Review that material by using the corresponding strategy in the right column.

Preparation Strategies	Review Strategies
Develop study sheets	Recite study sheets
Develop concept maps	Replicate concept maps from memory
Make word cards	Recite word cards
Make question cards	Recite question cards
Make formula cards	Practice writing formulas
Make problem cards	Work problems
Make self-tests	Take self-tests
Do study guides	Practice study guide info out loud
Re-mark text material	Take notes on the re-marked text
Make a list of 20 topics that might be on the exam	Recite the list of 20 possible exam topics
Do problems	Do “missed” problems
Make an outline	Recite notes from recall cues
Summarize material	Recite summary out loud
Make charts of related material	Re-create chart from memory
List steps in a process	Recite steps from memory
Predict essay questions	Answer essay questions
Answer questions at the end of the chapter	Practice reciting main points
Prepare material for study group	Explain material to study group

## Remember:

- Your goal is to make this process as active as possible. Therefore, when using a review strategy that includes “recite” it’s recommended to actually say these things aloud or physically write them down, not just doing so in your head.
- Be sure to note anytime you have to reference your notes or study materials to get the right answer. This indicates a lack of mastery around a concept.
- Whenever possible, make your own study materials. This preparation step is critical in the study process and should not be skipped by using materials prepared by a friend or found online.

**Need more help?** Get a Peer Academic Coach in the Academic Skills Center (ASC) to help you improve your study strategies! Stop by the ASC in 2104 Centennial Hall, call 715.836.2200, or email [asc01@uwec.edu](mailto:asc01@uwec.edu).