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## GAIN STUDY SKILLS

Get 1:1 help from our expert tutors.  
We can help!

- ✓ Get Organized
- ✓ Taking notes
- ✓ Set Goals
- ✓ Good study habits
- ✓ Conduct Research

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Presented by:

**Amy Dietzman, Ed.D.**

Learning and Design  
Manager



Moderated by:

**Lauren Lobdell**

VP of Client Services

# Dr. Amy Dietzman

## Learning and Design Manager at Tutor.com

### Background and Experience

- Higher Education Instructional Designer
- Education Technology Director of Professional Development
- Education Psychology Lead Adjunct Professor
- Student Success Instructor
- K-12 Curriculum, Instruction, and Assessment
- High School English Teacher

# OBJECTIVES FOR WEBINAR



As a result of this webinar, learners will be able to:

- Discover helpful tips for study sessions
- Explore note taking and test taking strategies
- Apply wellness techniques to studying

# BEFORE YOU GET STARTED

- Designate a study area
- Get rid of distractions
- Make a plan
- Set a goal
- Reward yourself



# START WITH GOOD HABITS

- Every student success tip starts with **discipline**
- 66 days to form a new habit
- Pitfall of bad habits
- Believe it and make it happen



# BE HONEST WITH YOURSELF

- Is a coffee shop the best place for you to study?
- If you curl up in that chair, are you likely to fall asleep?
- What time of day is best for your brain?
- Do you really perform best when you're under pressure?
- Can you spend an entire day studying?
- How long does it really take you to write a paper?

# WHY YOU SHOULDN'T PROCRASTINATE

My Presentation

By: John Smith



# THE DAMAGE OF ALL-NIGHTERS

- Studies show that a lack of sleep has effects on blood sugar, immune function, and metabolism
- Frequent all-nighters also cause weight gain



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# SAMPLE STUDY SCHEDULE

8 AM	8 AM NO WORK ALLOWED					
9 AM		8:30 AM Commute	8:30 AM Commute	8:30 AM ERRANDS AND COMMUTE	8:30 AM Commute	
10 AM						10 AM WRITING
11 AM		11 AM Meeting with terry				
Noon	12 PM WRITING	12 PM BME 423 DRB 351	11:30 AM READING	12 PM BME 423 DRB 351	12 PM Lab meeting DRB 202	12 PM Lunch and Outing
1 PM			1 PM Journal club DRB 208			
2 PM	1:30 PM PROGRAMMING	2 PM Omni robot programming		2 PM Omni robot programming	2 PM Meeting with Matteo	2 PM WRITING
3 PM			3 PM Office hours			
4 PM	4 PM READING/PROGRAMMING					
5 PM						
6 PM						
7 PM						

# TO CRAM OR NOT TO CRAM



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## Yes! Cram!

- Short term memory
- Works for vocabulary
- Works for “one and done”

## No! Don't cram!

- Won't help on the next test
- Won't work if you really need to understand a concept
- Bad news for essay questions

# DON'T MULTI-TASK



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- Reduces efficiency and performance
- Causes trouble organizing thoughts
- Diminishes ability to filter irrelevant information
- Steals refocusing time

# DO IT RIGHT THE FIRST TIME



- Don't re-read chapters
- Don't re-watch lectures
- Don't waste time reviewing what you already know

# HOW TO TURN PASSIVE LEARNING INTO ACTIVE LEARNING

Never sit through a lecture or video without doing anything



# HOW TO READ A TEXTBOOK

1. Preview
2. Intro and Summary
3. Read (Chunk)
4. Take Notes



# TAKING NOTES

1. Don't over-highlight
2. Turn headings into questions
3. Answer the questions with the notes below
4. Put notes into your own words
5. Pay special attention to vocabulary words

# HANDWRITTEN OR TYPED NOTES?

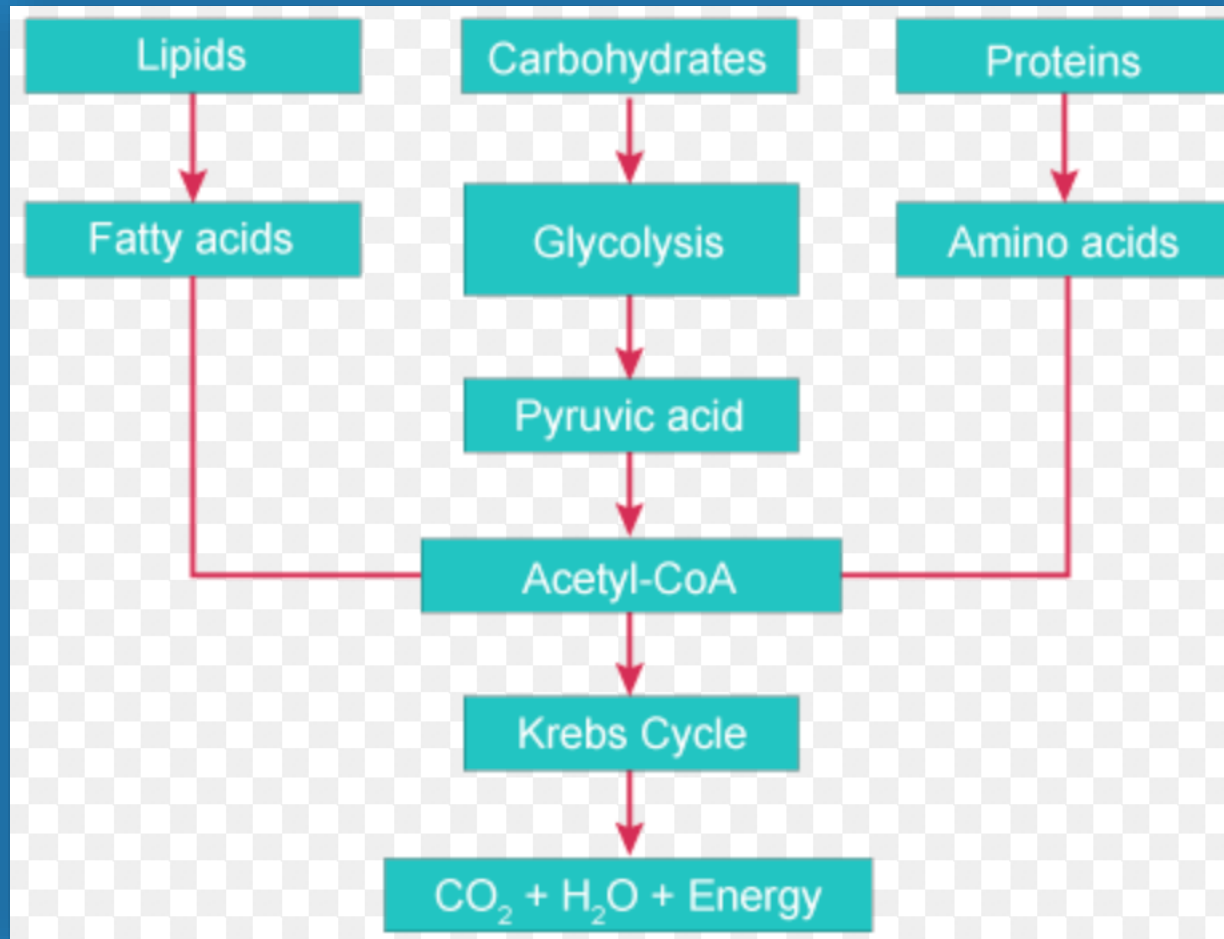
- Try different types of note-taking strategies
- Use visual cues
- Pictures and images



Cornell Two-Column Notes	
Keywords:	Notes:
	<b>Types of Matter</b>
Solids	I. Solids A. Have a definite shape B. Have a definite volume
Liquids	II. Liquids A. Do not have a definite shape B. Have a definite volume
Gases	III. Gases A. Do not have a definite shape B. Do not have a definite volume
Summary: (Insert summary of lecture after class.)	

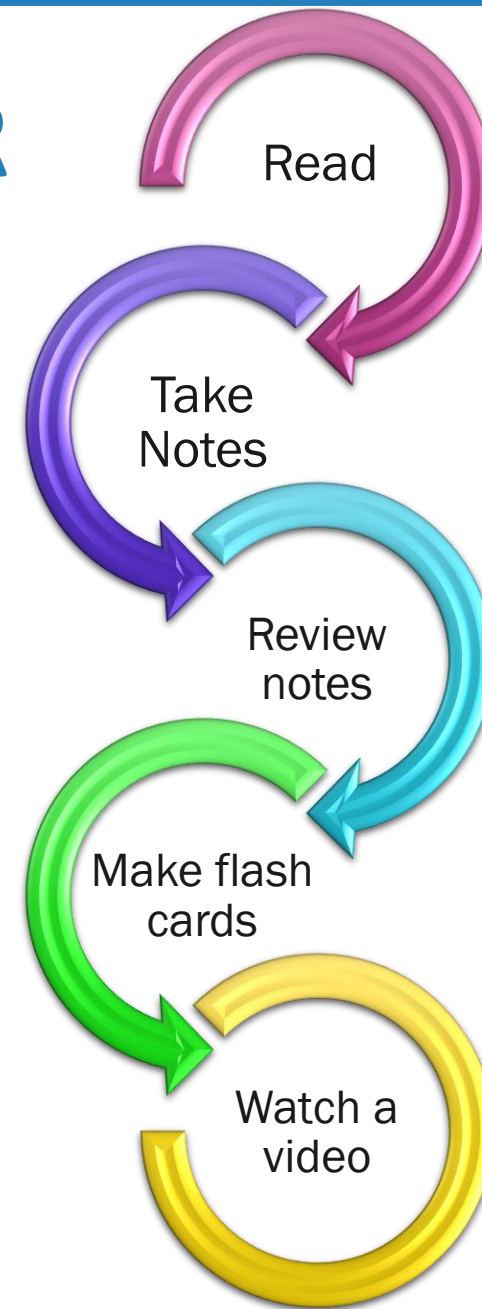
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# DRAW PICTURES OR MAPS IN YOUR NOTES



# THE BEST WAY TO REMEMBER SOMETHING

## REPEATED EXPOSURE



# AN EXAMPLE OF COLOR-CODED NOTES

## Research Paper

### Paragraph 1

### Paragraph 2

### Paragraph 3

### Paragraph 4

Cash, J. I., Earl, M. J., & Morison, R. (2008). Teaming Up to Crack Innovation & Enterprise Integration. *Harvard Business Review*, 86(11), 90-100.

Businesses are better at stifling innovation than at capitalizing on it, better at optimizing local operations than at integrating them for the good of the enterprise and its customers. The larger and more complex the organization, the stronger the status quo can be in repelling both innovation and integration. Thus, large corporations need active, technology-enabled agencies to promote innovation and integration - to overcome obstacles, focus effort, and let the unnatural acts become more natural. Without such agencies, innovation and integration won't spread far enough or fast enough throughout a large company to keep pace with smaller, younger, more technology-based competitors to whom innovation and integration come much more naturally.

Harazin, P., & Pádár, K. (2013). Measuring and evaluating the added value of human resources management, knowledge management, and organisational learning. *International Journal Of Management Cases*, 15(4), 37-47.



Specifically, we recommend the formation of two agencies:

- A distributed innovation group (DIG), which doesn't "do" innovation but rather fosters and channels it. Innovation is an inherently distributed activity, encompassing innovators across and outside the corporation. The DIG serves as the center of expertise for innovation techniques, scouts for new developments outside the company, and provides experts for internal innovation initiatives. And it deploys technologies and methods that facilitate collaboration and innovation.
- An enterprise integration group (EIG), dedicated to the horizontal integration of the corporation. It picks from among competing integration projects and provides resources that enable them to succeed. It develops the architecture and management practices that make business integration easier over time. It may also manage a portfolio of integration activities and initiatives; serve as the corporation's center of expertise in process improvement, large-project management, and program and portfolio management; and provide staff and possibly leaders for major business integration initiatives.

Singh, J. (2013). Practicing Knowledge Management System. *International Journal Of Information, Business & Management*, 5(4), 209-230.

DIG deploys entrepreneurial analysts to promote innovation in a variety of ways:

- Scouting for ideas with potential for the company.

Constantly scanning the external environment for emerging technologies and their applications.

Facilitating participation in "ideagoras" - the online market places for problem solving.

Acting as a center of innovation expertise

# EXPLAIN THE CONCEPT OR PROCESS TO SOMEONE



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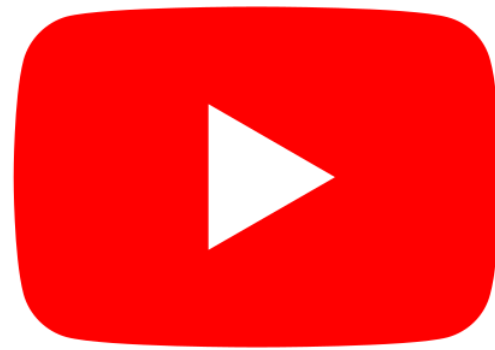


# USE ALONE TIME TO GO OVER WHAT YOU'VE LEARNED



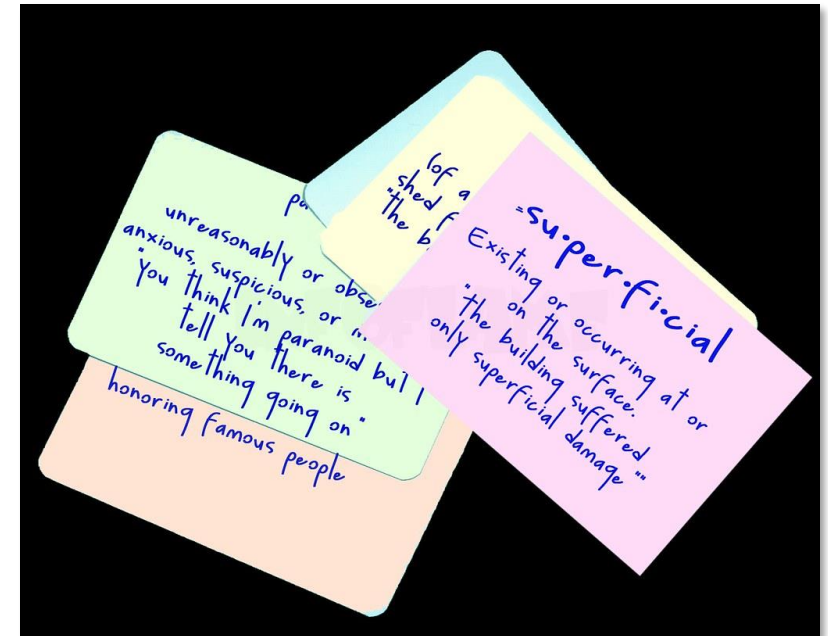
# LOOK FOR VIDEOS

To see a new perspective of something you've learned



# ASSESS YOUR KNOWLEDGE

- Just reviewing notes is not enough
- Make flashcards
- Use apps



# WELLNESS STUDY TIPS

- Exercise
- Power nap



- Eat first
- Music

# BEFORE THE TEST

- Start with a positive mindset
- Believe you will succeed
- Envision yourself passing the test
- Advocate for yourself

# CAN YOU DO THESE THINGS IF YOU PROCRASTINATED?



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Studying effectively takes time.

If you put it off until the night before, do you really have the time to review and reflect?



# CHECKLIST FOR STUDY SKILLS

- ✓ Step #1 Find the right space
- ✓ Step #2 Don't multi-task
- ✓ Step #3 Set a schedule and stick to it
- ✓ Step #4 Be an active learner
- ✓ Step #5 Take effective notes
- ✓ Step #6 Review your notes
- ✓ Step #7 Assess yourself
- ✓ Step #8 Explain it to someone
- ✓ Step #9 Find other resources
- ✓ Step #10 Rest and exercise

# REFERENCES

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*Up Next...*

The graphic features a background image of a person in a white shirt writing on a tablet. The design includes orange and blue geometric shapes and dotted patterns. The text is arranged as follows:

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- Student Success Webinar Series**
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- JULY 22, 2020 | 12:30 - 1:00 PM, ET**

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*Thank you for joining us today!*