

Things You Wish Your Students Knew about Studying

5 Active Reading Strategies for Textbook Reading—College Info Geek

https://www.youtube.com/watch?v=JL0pqJeE4_w

One of a series of short videos by the “Info Geek,” this presentation quickly cuts to the chase demonstrating active reading strategies. Here the Geek avoids the complicated “alphabet soup” reading strategies like SQ3R, providing essentially the same strategies in a simple format. New videos, always less than 5 minutes long, appear each week covering topics like motivation, concentration and memory.

7 Tips to Beat Exam Anxiety <https://www.youtube.com/watch?v=FyBdA61GmJO>

In four and a half minutes, this video dispenses solid advice on beating test anxiety—and does so in a witty way. It—like the “9 BEST Scientific Study Tips” listed below—are part of a series that provide research-based information on learning in small bites. They are all solid and fun to watch.

How I Study <https://www.youtube.com/watch?v=8gRO4KHnk8w>

In a funny two-minute video, a college student does everything wrong in studying for an exam.

Optimizing learning in college: Tips from cognitive psychology. *Perspectives on Psychological Science* 11(5), retrieved from <http://journals.sagepub.com/doi/pdf/10.1177/1745691616645770>

Three prominent cognitive scientists--Adam Putnam, Victor Sungkhasette, and Henry Roediger--have written a short and readable article that applies important findings in their field to studying in college. While the article is only seven pages long, Table 1 summarizes the material in a half page. The intended audience is undergraduates, particularly first-year students.

Study Skills Inventory <http://sarc.sdes.ucf.edu/form-studyskills>

In this interactive quiz provided by the University of Central Florida, students answer questions about their study behavior and click the “calculate” button. They then receive a personalized report comparing their responses to the “benchmark” in six areas of study skills.

The 9 BEST Scientific Study Tips <https://www.youtube.com/watch?v=p60rN9JEagg>

This three-and-a-half-minute video provides surprisingly detailed information on study skills that research endorses. It uses clever cartoons and addresses common student misconceptions about what works in studying.

Top 11 Study Skills <http://web.stanford.edu/dept/CTL/Student/studyskills/top11.pdf>

From the Center for Teaching and Learning at Stanford, this is a one-page summary of much that research tells us about successful study.