STUDY STRATEGIES FOR SUCCESS

Success in Biology, Chemistry, and other Dartmouth courses requires more than just acquaintance with the material. Rather, you need to demonstrate an ability to recall concepts, recognize patterns, and problem-solve through application. Therefore, simply reading, highlighting/underlining, and making flashcards is insufficient to develop a solid understanding. Effective and long-term learning requires effort beyond repetition alone and should be challenging. Joe and Isabella have compiled the following study strategies based on educational research and personal experiences.

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Test yourself	Do problem sets closed-book Practice retrieval and gauge your level of understanding	Make up questions Check your own understanding of concepts and anticipate potential exam questions
Read actively	Pause and look up Test yourself on the key concepts and vocabulary to ensure understanding before moving on	Create a roadmap Look ahead at section headings to understand where you are headed and how the material connects
Mix it up	Vary type of practice problem Learn to identify the type of problem presented and what approach to take beyond just doing the problem	Interleave topics Study distinct but related topics together to draw connections between them and strengthen retention
Put it in your own words	Explain to others or an imaginary audience Gauge your understanding and note what may be challenging to summarize	Write out or verbalize your entire answer Find the gaps in your understanding
Space it out	Over several weeks, rather than cramming Consolidate your understanding and save time by reviewing some each day rather than hours immediately before the exam	Review after some forgetting This will actually improve long-term retention
Map it out	Consciously integrate new material into existing mental models Draw connections and reexamine what you have already learned	Use diagrams and flowcharts Visually represent concepts and material
Utilize the resources	Office hours, review sessions, study groups, online tools People want to help you; you just need to take the initiative!	Maintain a list of problem areas while studying Bring thoughtful questions to the professor or TSF
Utilize ALL resources	Study with others And test each other! Use lecture slides and summaries to devise questions	Thoroughly review graded materials Use feedback to clarify your misunderstandings and discuss lingering questions with the professor or TSF