

Effective Strategies for Your Own Learning – Applications for Success

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Do you want to improve your marks?
Students who do their personal best in school typically excel in two main areas:

They are prepared for their own

learning. Are you prepared? Congratulations. You are prepared for your own learning, if you do the following:

- Attend class regularly and on time
- Bring the appropriate materials, notes, and resources to class
- Complete and hand work in on time
- Use active listening in class
- Use your class time wisely
- Complete your share of the work on group projects
- Organize homework time to be able to hand homework in on time (Did you know that the Dufferin-Peel homework guideline suggests 20 minutes per subject in grades 9 & 10, and 30 minutes per subject in grades 11 & 12?)

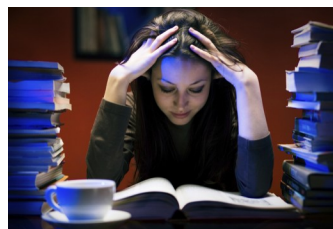


They study. Do you know how to study effectively? You are putting your best effort forward if you do the following:

- Have an organized place to work and study at home
- Develop a work routine/schedule that includes both homework time and study/review time (Be sure to include all your extracurricular activities in your schedule)
- Review subject notes taken each day (this allows you to fill in missing information, to add examples, to summarize/highlight your notes, and/or to develop cues, visual maps, or mnemonics to help you remember the information). Daily review is your first study session!
- Control distractions (phone, videos etc.) during scheduled study time
- Study a minimum of three times before each major subject test or exam



Study by reading your notes, then, after a couple of readings try to tell yourself the information in the notes. If you can tell yourself the information in your notes, then you are ready for the test! If you can't, then go back and reread the part of the note that you couldn't verbally recite to yourself. Pretty soon you'll be able to tell yourself all the information in each note and you'll be ready for the test!



For further information and suggestions contact the psychology staff at your school or Dr. D. Lean, Chief Psychologist.