STUDY SMARTER, NOT HARDER

How do I study smarter?
Studying smarter involves things like
• being an active learner
• having good study habits and routines.

Active learning techniques
• Write up your lectures, readings, etc. in your own words. This is called paraphrasing and is an essential study skill to develop.
• Question what you read or hear, i.e. don’t take for granted what you read or are told. This will help you develop your critical thinking skills.
• Link new knowledge to old and to your every day experiences. This helps make theoretical material more alive and meaningful.
• Find out what your most effective learning style is. Is it visual, verbal or aural? Knowing this will help you use your study time more efficiently.

Why is active learning smart learning?
It will lead you to a deeper engagement in, and understanding of, the subjects you are studying.

It will encourage you to reflect on and assess the effectiveness of your learning practices and styles.

The more actively you engage in your study, the more likely you are to remember what you learn, and the more likely it is that you will be a successful student.

Are you new to tertiary learning?
Has it been a while since you studied?
If you want to be a smart and active learner you may need to develop new learning styles or polish up your old ones.

Is there a best way to study?
We each have strengths and weaknesses. The challenge is to find what works best for you most of the time.

Here are a few ideas on how to improve your study habits and routines.

1. Prioritise your study commitments.
2. Know your assignment deadlines.
3. Use the STUDYSmarter assignment calculator
4. Have a purpose for each study session.
5. Test yourself at the end of each study session to see if you have achieved your purpose.
6. Remember overlearning* is necessary to get important information into your long term memory.
7. Keep track of how long you can study effectively before you need a break. The amount of time will increase the more you study.
8. Use a range of senses when taking notes or revising work, e.g. diagrams, flow charts, talk about our work.

Tip
Find a study area which is comfortable, well lit and not too noisy. It can be at home or at uni or have two favourite study places.

* overlearning involves continuing to learn or practise something once you have achieved initial proficiency.
More study smarter tips

- **Be flexible.** If one study technique or place of study isn’t working, try another.

- **Set up study groups** with students who are committed to learning.

- **Teach** what you know to others.

- **Do all your pre-lecture and tutorial pre-reading.**

- **Maintain a balance** between studying and other aspects of your life, e.g. exercising, socialising, eating healthy food, keeping family commitments.

- **Resist the urge to just highlight important material,** write notes in your own words.

- **Reward yourself** for work well done. All work and no play (except perhaps at exam time) is not the hallmark of an effective and smart student.

### Active v passive learning

![Diagram showing the difference between Active and Passive Learning](http://mathsimulationtechnology.wordpress.com/2012/02/16/active-learning-passive-teaching/)

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