

POST-LECTURE COOLDOWN



Wahoo!!! You did it. But before you begin that afternoon study session (or nap, let's be realistic here), there are a couple things you should do. You've written your notes, let's polish them.

Missing Something?

- Professors can talk. And talk, and talk, and talk quickly
- Check your notes for missing or incomplete information
- You may have been able to only half complete a concept before you instructor moved on to the next topic
- If this happens *(star) your notes in that spot
- Then you can ask your instructor after class, or get the information from your textbook
- Do this as soon as possible, as having a good understanding of a lecture will help you understand the next one
- This also means you won't be one of the students who is asking the instructor for clarification come test time. You've already done this, so while they're asking, you are studying

Read and Review

- You won't understand everything an instructor tells you at first... and that's okay!
- Be sure to set aside some time to review your notes, preferably sooner than later
- Take this time to put the information into your own words
- Or reorganize/structure your notes so they make better sense and all related information is in the same place
- And the wonderful thing about doing this is you are studying
- Organizing notes helps with recalling information
- And making information meaningful helps you learn it deeply