

## REVIEW, REVIEW, REVIEW



It is important to review early.

FUN FACT! A lot of learning takes place when you're not studying. Your brain needs time to build connections between neurons (digest the information you fed it and to connect it to previous meals).

Ideally, you should be incorporating daily, weekly and major reviews as part of your study schedule.

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### **Daily Reviews**

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- These include a short review of material before each class, so you can connect the new to the old
- And a short review after each class, so you begin moving the new into your long-term memory
- Daily reviews are good for building pathways for simple information like definitions or formulas
- You only need to devote 5-10 minutes for each class
- Waiting for the bus or for coffee? Review!

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### **Monthly Reviews**

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- These reviews will be longer (about an hour/subject)
- They will also be more in depth
- Covering a week's worth of lecture material, assigned readings or answering problems
- Connecting concepts to something you already know
- Or how the readings relate to the lecture material

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## Major Reviews

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- These reviews will be conducted the week before a test or exam
- Here, you're creating a deep understanding of the material learned by making connections between information
- Expect to spend 2-5 hours on these reviews, with breaks!
- An hour is about as long as your brain will work effectively
- And maybe study the difficult material first when you are most alert and focused

Each review builds upon the review before it. Remember, learning is about creating memories and memories are created when we access information over and over again (otherwise known as reviewing).

Cuseo, Joseph B, Aaron Thompson, Michele Campagna, Viki Sox Fecas. *Thriving in College and Beyond: Research-Based Strategies for Academic Success and Personal Development*. Dubuque: Kendall Hunt Publishing Company, 2016.

Ellis, Dave. *Becoming a Master Student*. Boston: Houghton Mifflin Company, 2006.