## Active Study Strategies

<table>
<thead>
<tr>
<th>Learning Style</th>
<th>What to do ......</th>
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</table>
| **1. Auditory** | - Listen to podcasts  
- Summarise key concepts, record them and play back the audio file  
- Recite information out loud  
- Teach it to family or friends  
- Work in a pair and discuss material  
- Meet people for a walk/coffee and discuss content  
- Form a study group - compare study notes – Identify concepts that require clarification  
- Work collaboratively - each person write a possible exam question and swap within your group |
| **2. Visual** | - Paraphrase content  
- Write/revise summary sheets  
- Draw diagrams, pictures  
- Make flow charts  
- Build mind maps  
- Use index cards - question on one side, answer on the other  
- Use visualisations  
- Make mnemonics  
- Use post-it notes  
- Use coloured paper, cards  
- Highlighter pens for key concepts  
- Blu tack - stick study notes on the fridge, toilet door, outside of shower screen |
| **3. Tactile** | - Use highlighters to emphasise/colour code important content  
- Write detailed notes  
- Paraphrase - use your own words  
- Type up revision notes  
- Doodle or draw while reading  
- Walk around or stand up while reading notes  
- Redo or clarify difficult concepts  
- Do past exams  
- Make and do a quizlet.com test  
- Draw and label diagrams  
- Make a glossary of terms |
| **4. Other** | - Organise your study area  
- Listen to spotify's intense study playlist  
- Study in the library - in the quiet zone  
- Write down your study goals for each session and tick them off  
- Use the “focus now” or Forest” app on your phone  
- Block social media using the “stay focussed” Chrome extension |
- Reward yourself after completing set tasks - take a 15 min power walk
- Try out the "pomodoro" study technique (google it)
- Set a brief “to do” list or use the “swipes” app

### Other useful sites

The organised student
http://theorganisedstudent.tumblr.com/

Active Learning Self-Study Workshops
https://www.jcu.edu.au/students/learning-centre/short-courses-and-workshops