

A cheat sheet for good learning (and good grades)



Connect

- Use knowledge and skills you already have.
- Look for underlying themes and principles in new material.
- Apply what you learn in class to other contexts (work-study, athletics, music) and vice-versa.
- Talk to others about what you are learning.



Motivate

- Find practical value in your courses.
- Set personal learning and study goals.
- When there's no homework, make your own assignment.
- Attribute success to hard work. Failure is an opportunity to learn better.



Organize

- Take notes, then make summaries in your own words.
- Create diagrams and checklists for course content and assignments.
- Think of examples that are meaningful to you.
- Break down large assignments into a series of steps.



Practice

- Review class notes every day.
- Make sample problems and solve them.
- Explain concepts and procedures to classmates or friends.
- Seek and respond to feedback from instructors.



Reflect

- Ask yourself questions about what you study.
- Look for personal and professional implications in your coursework.
- Evaluate your study strategies.
- Identify patterns of success each semester.



Regulate

- Try to study each day during the same hours.
- Take regular breaks.
- Don't cram for tests.
- Eat well and rest well.
- Alternate study alone and study in groups.

Learning means demonstrating what you know and what you can do.

A short bibliography on good learning

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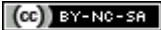
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