

# The Do's and Don'ts of Studying and Note Taking

## DO

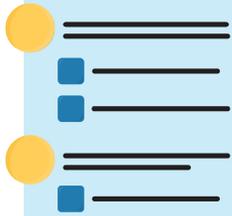
## DON'T



Take handwritten notes which promote memory retention over digital note taking.



Study in large blocks of time. Rather, study in short chunks of thirty minutes throughout the day.



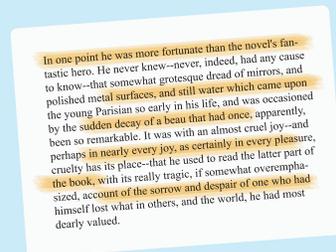
Take notes as if you need to give the lecture to a friend later. Provide enough detail that you can teach the content to someone.



Study the concepts you already know. Write down material you can recall from memory and then study the material you couldn't recall.



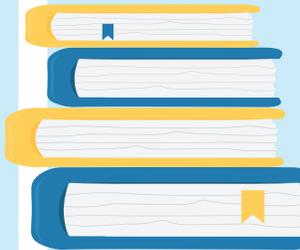
Review notes right before bed. Your brain has the best chance of storing into long-term memory those things actively contemplated just before sleep.



Use highlighting as a study tool. Highlighting only provides momentary mastery and content isn't retained long-term.



Look up alternative explanations for concepts you have trouble understanding in class online. Having material explained in a different way can increase understanding.



Skip the textbook readings. You will remember more if you read the material and then hear the material by lecture. Reading the textbook before classes gives you the chance to preview content and assess what you already know.

### CESAR CHAVEZ

BORN IN 1927 AND LIVED IN ARIZONA AND CALIFORNIA.  
PARENTS WERE MEXICAN-AMERICAN FARM WORKERS.  
CO-FOUNDED THE NFWA IN 1952 WITH DOLGORES HUERTAS.  
USED NON-VIOLENT PROTEST TACTICS LIKE HUNGER STRIKES.

Create a study guide with the content to be tested. Lecture to yourself or create questions to quiz yourself on concepts.



Take notes and then never interact with the content again. Your brain needs multiple passes at the same material to retain information.

Studying 101: Study smarter not harder. Learning Center. (2022, July 12). Retrieved November 22, 2022, from <https://learningcenter.unc.edu/tips-and-tools/-studying-101-study-smarter-not-harder/>