

STUDY SMARTER, NOT HARDER

What is smart study?

Smart study is about studying effectively. This involves:

- being an **active learner**, and
- creating good **study habits and routines**.

TIP: Studying effectively does not necessarily mean working harder or longer. In fact, using smart study strategies can save you a lot of time and effort!

How you can be an active learner:

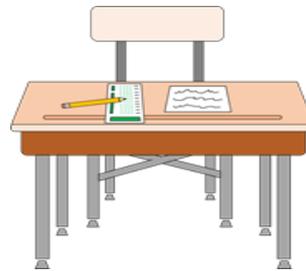
- Write up your lectures and readings in **your own words**. This is called **paraphrasing** and is an essential study skill to develop.
- **Question** what you read or hear; not everything you read, see or hear is reliable. Investigating information yourself will help you develop your critical thinking skills.
- **Link** new knowledge to what you already know and to your everyday experiences. This helps make theoretical material more relevant and easier to understand and apply.

Why is active learning smart learning?

Being an **active learner** will help you get the most from the subjects you are studying.

It will encourage you to **reflect on** and **assess** how effective your learning practices are - and to develop new learning methods and routines if necessary.

The more actively you **engage** with your study, the more likely you are to remember what you learn and to succeed.



TIP: Find a study area which is comfortable, well lit and not too noisy.

If you are new to tertiary study or you have not studied for a while, you may need to develop some new learning strategies or polish up your old ones.

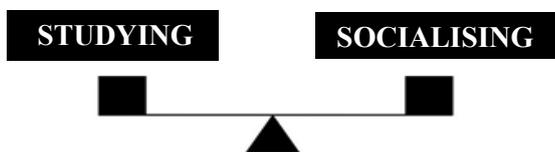
Here are a few ideas on how to create good study habits and routines:

1. **Prioritise** your study commitments and create a study timetable.
2. Know your **assignment deadlines**.
3. Use the STUDY*Smarter* [assignment date calculator](#).
4. Have a **purpose** for each study session.
5. Keep track of how long you can **study effectively** before you need a break (take short breaks approximately every 30 minutes).
6. **Test yourself** at the end of each study session to see if you have achieved what you set out to accomplish.
7. Remember to **revise** your lecture and reading notes, as well as your course reading, to get important information into your long-term memory.
8. Create your own shorthand for **taking notes** in lectures; use symbols and abbreviations to help you record information quickly.

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More tips for smart study:

- **Be flexible.** If one study technique or place of study is not working, try another.
- **Set up study groups** with students who are committed to learning.
- Do all your pre-lecture and tutorial **pre-reading**.
- **Maintain a balance** between studying and other aspects of your life; for example, exercising, socialising, eating healthy food, catching up with friends and family.



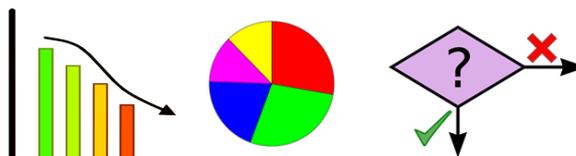
- Resist the urge to just highlight important material; **write notes in your own words**. This will help you check if you have understood the material.
- **Reward yourself** for work well done and make time to celebrate your achievements. You will find studying more fulfilling if you stick to a study routine and plan some enjoyable activities between study sessions.

Learn new material in a variety of ways:

Combine different learning methods and use all your senses to help you learn and remember new information.

For example:

- Use **visuals** like pictures, symbols, mind maps, flowcharts, diagrams, posters and slides to help you understand, organise and recall what you have learnt.



- **Listen** to information (for example in lectures and tutorials) **and discuss** new concepts with other students. Try explaining or teaching something you have learnt to someone else.
- Learn by **doing** as well as by listening, reading and watching; try experimenting, testing theories out, designing, drawing, creating 3D models, role playing and demonstrating.

TIP: Use **colour** to help you recall new material more easily. For example, colour code your notes to help you to process and organise information. This will help you to revise your notes later.

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Any suggestions?

We would love to hear from you. Email us at studysmarter@uwa.edu.au

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