

## Bloom's Taxonomy

Lower order thinking skills				Higher order thinking skills	
Remember	Understand	Apply	Analyze	Evaluate	Create
Recognizing Recalling	Interpreting Exemplifying Classifying Summarizing Inferring Comparing Explaining	Executing Implementing	Differentiating Organizing Attributing	Checking Critiquing	Generating Planning Producing

## The Study Cycle

<b>Preview</b>	<u>Preview before class</u> – <a href="#">Use supplementary instruction material in Blackboard</a> , skim the chapter/slides, take note of headings and boldface words, review summaries and chapter objectives, and come up with questions you'd like the lecture to answer for you.
<b>Attend</b>	<u>Attend class</u> – Answer and ask questions and take meaningful notes.
<b>Review</b>	<u>Review after class</u> – As soon after class as possible, read notes, fill in gaps and write down any questions you had, <a href="#">revisit supplementary instruction material in Blackboard</a> .
<b>Study</b>	<u>Study</u> – Repetition is the key. Ask questions such as 'why', 'how', and 'what if'. <ul style="list-style-type: none"> <li>Intense Study Sessions – 3-5 short study sessions per day</li> <li>Weekend Review – Read notes and material from the week to make connections</li> </ul>
<b>Assess</b>	<u>Assess your Learning</u> – Periodically perform reality checks <ul style="list-style-type: none"> <li>Am I using study methods that are effective?</li> <li>Do I understand the material enough to teach it to others?</li> </ul>

## Intense Study Sessions

1	<b>Set a Goal</b>	1-2 min	Decide what you want to accomplish in your study session
2	<b>Study with Focus</b>	30-50 min	Interact with material – organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc....
3	<b>Mindful Break</b>	10-15 min	Meditation, Yoga, Quick Walk
4	<b>Review</b>	5 min	Go over what you just studied

## Example Day

6-7:30	Morning routine
7:30-8	Previewing morning classes
8-12	Go to class
12-12:15	Review morning classes
12:15-1:15	Common Hour
1:15-1:30	Preview afternoon classes
1:30-3:30	Go to class
3:30-3:45	Review afternoon classes
3:45-6:00	You time
6-7	Intense Study Session I
7-7:30	You time
7:30-8:30	Intense Study Session II
8:30-9	You time
9-10	Intense Study Session III
10-11	End of day routine

**Four Learning Modalities** \*Find the modality that works best for you, but do not exclude other modalities.

<b>Visual</b> Prefers pictures, symbols, charts, graphs, and maps		
In Class	While Studying	During Exams
<ul style="list-style-type: none"> <li>• Underline important points</li> <li>• Highlight w/ different colors</li> <li>• Use symbols, charts, graphs</li> </ul>	<ul style="list-style-type: none"> <li>• Underline notes &amp; text</li> <li>• Highlight notes &amp; text</li> <li>• Summarize with images &amp; concept maps</li> </ul>	<ul style="list-style-type: none"> <li>• Recall pictures</li> <li>• Draw concept map of problem</li> <li>• “Dump” formulas/diagrams</li> </ul>

<b>Aural or Auditory</b> Prefers hearing lectures, reading notes out loud, and participating in discussions		
In Class	While Studying	During Exams
<ul style="list-style-type: none"> <li>• Attend lectures, discussions, and tutorials</li> <li>• Check that lecture is recorded</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss material in study group</li> <li>• Summarize notes, then read out loud</li> <li>• Record yourself, then listen back</li> </ul>	<ul style="list-style-type: none"> <li>• Listen to inner voice to recall information</li> <li>• Talk out questions under your breath</li> </ul>

<b>Read/Write</b> Prefers printed material, flashcards, notes, lists, and outlines		
In Class	While Studying	During Exams
<ul style="list-style-type: none"> <li>• Create lists and headings</li> <li>• Take complete lecture notes</li> </ul>	<ul style="list-style-type: none"> <li>• Identify key words &amp; associate them with details</li> <li>• Reread notes &amp; text and summarize them in writing</li> <li>• Reread and summarize old tests</li> <li>• Answer, in writing, the review questions</li> </ul>	<ul style="list-style-type: none"> <li>• Use key words to trigger more complete answers</li> <li>• At the beginning of the exam, write out important lists</li> <li>• Essay – write thesis, then outline</li> </ul>

<b>Kinesthetic</b> Prefers direct experience, experiments, fieldwork, visualizing, or other ways of imagining		
In Class	While Studying	During Exams
<ul style="list-style-type: none"> <li>• Use all senses in class</li> <li>• Participate in labs and field work</li> </ul>	<ul style="list-style-type: none"> <li>• Trial &amp; error, learn from mistakes</li> <li>• Create personal examples</li> <li>• Use pictures to illustrate notes</li> <li>• Stand, move, walk</li> <li>• Study in exam-like environment</li> </ul>	<ul style="list-style-type: none"> <li>• Remember examples</li> <li>• Stretch or move to jog memory</li> </ul>

Video about Metacognition: <https://www.youtube.com/watch?v=yGBfd7LeGMM>

WOOP Goal Setting Method: <https://woopmylife.org/en/home>

Personal Values Card Sort: <https://www.think2perform.com/values/>

Learning Style Self-Assessment: <http://www.educationplanner.org/students/self-assessments/learning-styles-quiz.shtml>