

# High-Impact Approach to Learning

- 🕒 **Identify the SLOs (course, large group session, TBL, PLB, case, lab, etc.)**
- 🕒 **Preread or at least skim the assigned pre-reading using the SLOs to prioritize and focus efforts prior to class.**
  - Conduct a "picture walk" and review headings, graphics, figures, diagrams.
  - Review and recite key concepts to increase recall.
  - Implement the "Pomodoro Technique," by reading or intently focusing for 25 minutes, taking a 5-minute break, and then repeating (repeat in chunks until need to take longer break).
- 🕒 **Complete preassignments (reading or video).**
  - Take notes to maintain concentration and to strengthen long-term retention.
  - When developing notes, think purposefully about how to design them to enable future use as a study aid.
- 🕒 **Attend course sessions and take notes during lectures, TBL, PBL, cases, etc. focusing on SLOs.**
  - Consider taking handwritten notes and/or summarizing key points regularly during lecture on a laptop/tablet.
  - Review Panopto videos and/or supplemental resources, if necessary, and elaborate on your notes.
  - Schedule meetings with faculty or course co-directors, if you find you need additional help with specific content.
- 🕒 **Collaborate with your peers to discuss and/or to review notes to check for accuracy.**
  - Check in with peers and/or faculty members when you are uncertain about what to study or how much to study as it is related to an SLO.
- 🕒 **Review notes and elaborate by asking questions (e.g., "Why?" and "When?").**
  - Add details and identify relationships or associations.
  - "Eat that Frog," by studying the most difficult concepts early and often in your study schedule.
  - Condense your notes and turn them into flash cards, concept maps, tables, pathways, etc. to identify relationships and to synthesize concepts.
  - Use different learning strategies to increase your ability to solve problems and apply concepts.
  - Avoid solely rereading. While rereading can increase retention when it is spaced out over time, you can increase learning by taking notes or quizzing yourself on important concepts while you read.
  - Schedule review of your notes throughout each week to increase long-term retention of concepts.
  - Work to actively **do** something with the content you are studying (recite, elaborate, explain, diagram, etc.).
- 🕒 **Quiz yourself using your notes, quiz questions and/or question banks.**
  - Turn SLOs into practice questions and quiz yourself.
  - Mix or randomize quiz questions, practice questions, or QBank questions.
  - Closer to the exam date, increase the use of practice problems.
  - Reward yourself after each study session with some type of activity, break, or treat to maintain motivation.
- 🕒 **Reflect on your study approach and performance.**
  - Revise and refine.
  - "Call a consult." Identify and contact one or more of the learning supports and resources that are available to assist you (a peer, your Big Sib, a faculty member, course director, OSA, Academic Success, Medical Librarian, or other CMU offices or centers).

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