

Ten Best Practices for Academic Success

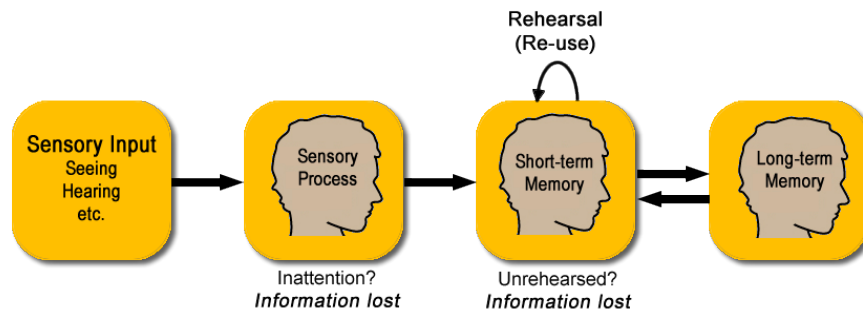
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Learning results from what the student does and thinks
and *only* from what the student does and thinks.

The teacher can advance learning only by influencing what the student does to learn.

–Herbert A. Simon

If you remember one key thing about these best practices, remember **reuse** or repetition of information. Psychologists call this “rehearsal.” The goal of studying is to move material from your short-term memory to your long-term memory. To do that you need to be exposed to it at least four times with increasing time periods between exposures. The Atkinson-Shiffrin memory model explains it this way.



The Best Practices

Following these best practices will help you learn, that is, help you “absorb” material by moving it to your long-term memory.

- Engage with classes.
- Do the homework.
- Find a quiet place and time to study.
- Read the assigned material *before* class.
- In class, you should be *listening* actively.
- Ask questions.
- Make short notes *on paper* of anything you think is important, especially if it’s not on the slide.
- Merge your notes onto the slides the following day.
- Each class day, review the slides and notes from the class one week ago.
- Learn from graded material.

