

Studying Smarter for the DVM Program

WELLNESS WEDNESDAY, NOVEMBER 11, 2015

JASON DODD – THE LEARNING COMMONS

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How did you get to this point?

What advice can you offer to help someone...

- Succeed in Phase 1?
- Succeed in Phase 2?
- Succeed in Phase 3?

Note-taking

The Pen Is Mightier Than the Keyboard: Advantages of Longhand Over Laptop Note Taking



Pam A. Mueller¹ and Daniel M. Oppenheimer²


¹Princeton University and ²University of California, Los Angeles

Why is it a challenge on a computer?

- Distraction
- Hand to brain connection

May be necessary to take notes this way, but you can still study with paper/white boards, writing, drawing things out

Use other techniques for learning in lecture:

- Create specific questions for yourself to answer (involves some prep beforehand)
 - Somewhere, make a note of important points/outcomes and test your ability to recall what you've learned
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Increased demand on your time

We must learn to study effectively in smaller windows of time

- Take advantage of time when you have it

Put yourself in a position to succeed – monitor your efficiency

- Study when you are able to focus best on that type of work
- How well are you learning/focusing?

It's a marathon, not a sprint

- Regular engagement with material leads to greater long term retention and success

Chunk your time to allow for active studying

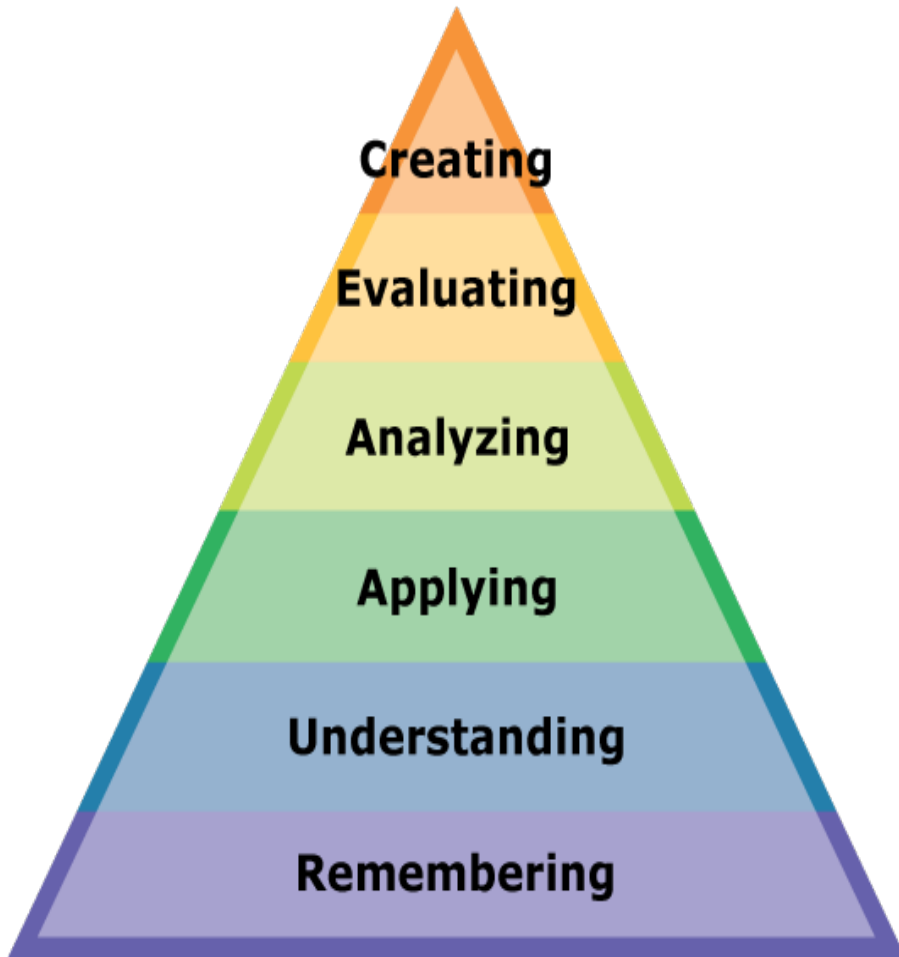
- After 20 min of reading, actively apply what you've learned for 5-10 minutes and take a short break

Active study techniques for deeper learning

Interact with the material, thoroughly understand concepts and constantly *assess* your learning

- Focus on what's important
- (Re) Organize and (re) structure material to make sense to you
- Talk it out
- Summarize on a blank page / white board
- Create specific questions to answer in lecture/reading
- Create (test) questions for yourself and answer them
- Create a testing situation

Moving away from memorizing



What does memorizing mean?

- Organize, create your own meaningful structure so details have a place to reside

YOU deserve to be here!

Remember what's worked for you in the past, be willing to adapt and seek help

Remember the links to *imposter syndrome* and *perfectionism*

Imposter and Perfectionism are beliefs, associated behaviours are:

- Procrastination
- Over-diligence
- Anxiety and stress
- Difficulty presenting ideas
- Relationship dynamics

What else can we discuss?

Newly identified learning disabilities, mental health, and anxiety

Adjusting to the volume of material and lower grades

How best to take notes on computers or tablets

Effective reading, learning from lectures, and exam writing

Studying actively, identifying important topics and structuring material

Time management, sticking to a schedule, and procrastination and perfectionism

1-on-1 Learning Help

Email jdodd@uoguelph.ca to set up a free appointment

<http://www.lib.uoguelph.ca/get-assistance/studying>