

- Factors to consider when studying:

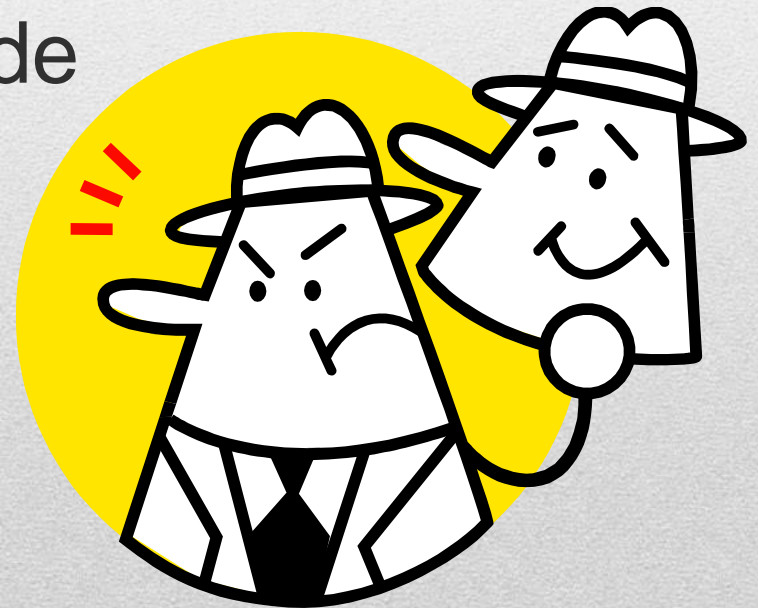
Study Skills

- **FACTORS TO CONSIDER WHEN STUDYING:**

MURDER

Study Skills

- Set a *positive mood* for yourself to study
- Select the appropriate time, environment, and attitude



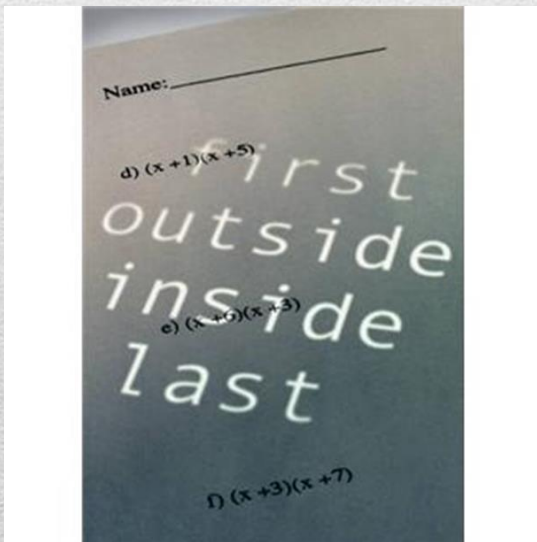
M = Mood

U = Understand

- Mark any information **you don't understand** in a particular unit;
 - Keep a focus on one unit or a manageable group of exercises
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R = Recall

- After studying the unit, stop and put what you have learned **into your own words**



D = Digest



- Go back to what you did not understand and **reconsider the information**;
 - Contact external expert sources (e.g., other books or an instructor) if you still cannot understand it
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- In this step, ask **three kinds of questions** concerning the studied material:
- If I could speak to the author, what questions would I ask or what criticism would I offer?
- How could I apply this material to what I am interested in?
- How could I make this information interesting and understandable to other students?

E = Expand

- **Go over the material you've covered**
- Review material you learned in last study session
- Review what strategies helped you understand and/or retain information in the past and apply these to your current studies.



R = Review
