

# Learning Skills Handout

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## **The PARSE Study Cycle**

**Preview:** Look through the relevant material in advance of the lecture. Note headings and boldface words. Determine what the focus of the content is. Write down questions that you would like the lecture to answer for you.

**Attend:** Go to class and participate. Look for the answers to your questions. Take meaningful notes.

**Review:** As soon as possible after class, read your notes, fill in gaps, and look for any questions that you still have about the material.

**Study:** Do Intense Study Sessions. You should aim for 4 – 7 Intense Study Sessions per week per course.

**Evaluate:** Critically evaluate your learning frequently. Test yourself in the same way that you expect to be tested on the final exam.

## **SIRR Study Sessions**

1. **Set a Goal (1 – 2 minutes):** Decide what you want to accomplish in your study session.
2. **Intensive Study (30 – 50 minutes):** Put away all distractions like social media and your cell phone. Work hard at accomplishing your goal.
3. **Reward Yourself (10 – 15 minutes):** Take a break, you earned it!
4. **Review (5 minutes):** Look over what you just studied. Make notes about questions you have or future goals you want to accomplish.

## **SQ3R Reading Technique**

**Survey:** Skim over the section that you plan to read. Note headings and boldface words. Determine what the focus of the content is.

**Question:** Make a purpose for your reading. Write down general questions covering main topics and important points.

**Read:** Split the material into small chunks, no more than a page or two long. Make sure to read carefully. Look for answers to your questions, key concepts, and supporting details. Study any charts, graphs, or figures.

**Recite:** Without looking at the text, summarize the important details of what you just read and write down the answers to any questions that you had and ask any further questions that you have. Think about how it connects with the previous material. Think critically about how well you have understood the concepts and if necessary go back and reread a part or do some end of section problems to increase the level of your learning.

**Review:** This process should be ongoing. As you complete an entire section, review your notes and questions from the entire sections. Again, critically evaluate how well you have understood the material. Test yourself by seeing if you can recite definitions and theorems precisely from memory. Solve the end of chapter problems without referring to the book or your notes.

## **The Three Ms**

**Metacognition:** Try to think carefully about your thinking and learning.

**Mindset:** Know that with hard work you can continue to get better and better.

**Motivation:** Keep yourself motivated!