Study Skills Session

“Mind Mapping” Tools
Effective Use of Study Guides / Textbooks
Organization and Time Management

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STUDY SKILLS SESSION

objectives

- Avoid Studying Traps
- How to Study
- Surveying Techniques
- Active Studying
Avoid Studying Traps
Don’t...

- Get overwhelmed with the amount
- Cram
- Get lost in all of the material
- Pull “all-nighters”
- Assume you know the material because you read
- Study in bed

Do...

- Have a plan of attack
  - Make lists & prioritize
- Space studying
- Organize the material: preview, outlines and maps
- Avoid mental exhaustion
- Test yourself and make questions
- Study in a environment similar to the test
How to Study

- Organizational Techniques
- Concept Maps
- Note Taking Techniques
- Reinforcement
Organizational Techniques

- Sequencing
- Listing
- Definition
- Classification
- Cause and Effect
- Compare and Contrast
“Mind Mapping”

- dissection
  - same meaning as this term
- "to cut apart"
  - literal meaning
- Anatomy
  - method used in experiments
  - working definition
  - Study of structure
  - branch of Biology
  - branch of Science
- Scientific method

- traditional method of
Mapping Tips

- Unlined, blank paper
- Board with colored markers/chalk
- Post it notes
- Connect all words/lists/phrases with lines
- Go quick, no pauses
- Color coding helps
- Mindmeister.com
Mapping Organizational Patterns

- Branches
- Arrows
- Groupings
- Lists
- Explanatory
Why Map?

- Clearly defined, central idea
- Indicate relative importance of each idea
- Identify links among key ideas
- All on one page
- View information in different way and viewpoint
- Demonstrate complex relationships
- Easy to find gaps & contradictions
What Can be Mapped?

- Lecture summaries
- Reading Notes
- Exam Review
Textbook Notes

- **Text**
  - Highlight
  - Underline
  - Circle

- **Margins**
  - Outline
  - Question
Imaging Techniques

- Converting written/spoken language into images → Whole Brain Learning
- Reverse describing what you see
- Clinical application
  - Palpate an abdomen and visualize what you are palpating
Surveying Techniques

- Skimming material to be studied
  - Does NOT replace reading

- Read:
  - Topics
  - Subheadings
  - First sentence of paragraphs

- Glance over & read captions of:
  - Tables
  - Charts
  - Diagrams
Notes in Lecture

- “Skim” material to be covered in advance
- List of Advance Organizers
- Active listening
  - Listen for signals
- Use list of Advance Organizers
  - Major headings in an outline
  - First step in developing concept map
Reinforcement

- Store the learned material in long term memory banks
- Use new material to answer questions or solve problems
- Clinical:
  - See one, do one, teach one
Reinforcement: Lecture

- **Night / Morning before class:**
  - “Survey” (30 minutes) new material and form list of major topics
    - Forms “Advance Organizers”
  - **Review** (15 minutes) previous days material

- **In class:**
  - **Attend** lecture and add information to the list as subtopics
  - DO NOT TRY TO WRITE DOWN EVERYTHING
  - Read through notes after lecture

- **Evening after Class:**
  - Read notes again
  - Work out the learning objectives

- **Weekend Work:**
  - Review weeks work
  - Organize to allow for easy review prior to exam
Active Studying
Active Studying Techniques

- Practice Questions before material review
- “Decorate” your notes or textbooks
  - Boxes with arrows
  - Color coded highlighting/pens/tabs
  - Chart related groups
- Tape your own summary notes with questions
- Switch it up
- Questions out loud with a partner
- Coloring books & Work Books
Group Study & Peer Teaching

- One of the most powerful ways to learn is to teach other students
- Preparation and presentation of subject material
- Group discussion
  - Moving from wrote memorization to conceptual understanding
Study Skills Session

Resources

- http://www.personal.umich.edu/~jmargeru/conceptmap/types.htm
- http://medicine.utah.edu/learningresources/tools/study/mapping.htm
- Mindmeister.com