BOILER GOLD RUSH
SESSION ON
ACADEMIC SUCCESS

Material developed by Dr. Jeff Karpicke, Katie Dufault, & Dr. Antwione Haywood
WHAT DO YOU DO WHEN YOU STUDY?
### Survey Says...

**"What do you do when you study?"**

<table>
<thead>
<tr>
<th>Strategy</th>
<th>Percent who list strategy</th>
<th>Percent who rank as #1 strategy</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Rereading notes or textbook</td>
<td>83.6</td>
<td>54.8</td>
</tr>
<tr>
<td>2. Do practice problems</td>
<td>42.9</td>
<td>12.4</td>
</tr>
<tr>
<td>3. Flashcards</td>
<td>40.1</td>
<td>6.2</td>
</tr>
<tr>
<td>4. Rewrite notes</td>
<td>29.9</td>
<td>12.4</td>
</tr>
<tr>
<td>5. Study with a group of students</td>
<td>26.5</td>
<td>0.5</td>
</tr>
<tr>
<td>6. “Memorise”</td>
<td>18.6</td>
<td>5.6</td>
</tr>
<tr>
<td>7. Mnemonics (acronyms, rhymes, etc)</td>
<td>13.5</td>
<td>2.8</td>
</tr>
<tr>
<td>8. Make outlines or review sheets</td>
<td>12.9</td>
<td>3.9</td>
</tr>
<tr>
<td>9. Practise recall (self-testing)</td>
<td>10.7</td>
<td>1.1</td>
</tr>
<tr>
<td>10. Highlight (in notes or book)</td>
<td>6.2</td>
<td>1.6</td>
</tr>
<tr>
<td>11. Think of real life examples</td>
<td>4.5</td>
<td>0.5</td>
</tr>
</tbody>
</table>

Karpicke, Butler, & Roediger (2009) *Memory*
DOES REREADING WORK?

Callender & McDaniel (2009) *Contemporary Ed Psych*
How well do you know the letters on a keyboard?
Familiarity Doesn’t Equal Comprehension

Rereading Does Not Equal Mastering the Material
## OPTIMAL LEARNING

<table>
<thead>
<tr>
<th>Physical</th>
<th>Healthy Diet</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Environment</td>
</tr>
<tr>
<td>Emotional</td>
<td>Stress Management</td>
</tr>
<tr>
<td></td>
<td>Outlook</td>
</tr>
<tr>
<td>Cognitive</td>
<td>C-R-E-A-M Strategies</td>
</tr>
<tr>
<td></td>
<td>Study Skills</td>
</tr>
<tr>
<td></td>
<td>Utilize Resources &amp; Time Management</td>
</tr>
</tbody>
</table>
PHYSICAL

NUTRITION
- Hydration
- Diet
- Sleep

ENVIRONMENT
- Suitable Medium
- Enjoy Learning
Grab a healthy snack to have in the middle of the day!

Have a meal plan on campus? Grab a piece of fruit in the dining courts on your way out!

Off campus- bring one with you!
EMOTIONAL

Spot the Signs

Know Your Triggers

Unhelpful Levels of Stress

Lie Awake Worried
Binge-Drink/Eat/Smoke
Get Dry Mouth
Grind Your Teeth
Moody
Bad Grades
Pressure from Family
Unrealistic Goals
Compare to Others
Impaired Physical Health
Impaired Mental Health
Social Impact

Know Your Triggers

Unhelpful Levels of Stress

Too Much at Once
(study only around exams)
Too Long (always in state of emergency)
EMOTIONAL

Relaxation

State of Mind

Manage Time

Take Care of You

I can rather than I can't

How else can I look at this problem?
COGNITIVE

CREAM

Creative
Reflective
Effective
Active
Motivated
Study Skills
• Free Recall aka Mind Dump
• 1 Minute Paper & Self-Testing
• Anticipating Questions
• Teaching the Material
Utilize Your TIME & Resources

Time Management
- Prioritize important tasks
- Time on task
- Preview information before class
- Effective study habits
- Do not procrastinate
1. Log your learning activities.
2. Get recommendations based on your entries.
3. Compare how you’re doing to the rest of the class.

http://www.studypattern.org
TIME MANAGEMENT MATRIX

URGENCY

<table>
<thead>
<tr>
<th>Urgent</th>
<th>Not Urgent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fire Fighting</td>
<td>Growth</td>
</tr>
<tr>
<td>• Crisis</td>
<td>• Planning</td>
</tr>
<tr>
<td>• Deadlines</td>
<td>• Prevention</td>
</tr>
<tr>
<td>• Problems</td>
<td>• Relationship Building</td>
</tr>
<tr>
<td>Interruptions</td>
<td>Time Wasters</td>
</tr>
<tr>
<td>• Some emails</td>
<td>• Trivial things</td>
</tr>
<tr>
<td>• Some calls</td>
<td>• Watching TV</td>
</tr>
<tr>
<td></td>
<td>• “Escape” Activities</td>
</tr>
</tbody>
</table>
Short term time management leads to long term success.
COGNITIVE

Utilize Your Time & RESOURCES

- Professor & TA office hours
- Academic Advisor
- Special Program Resources
- Mentors and RAs
- Campus Resources
  - www.purdue.edu/tutoring
  - Boiler Guide App
CONCLUSION

OPTIMAL LEARNING

Physical
Healthy Diet
Environment

Emotional
Stress Management
Outlook

Cognitive
C-R-E-A-M Strategies
Study Skills
Utilize Resources &
Time Management

PURDUE UNIVERSITY
What was the **R** in the C-R-E-A-M approach to studying?

**REFLECTION**

- **RECALL**: What are the 3 most important ideas from this session?
- **SUMMARIZE**: Put the main ideas in to a sentence or two.
- **QUESTION**: What do you still need answered? How might this session be covered on a test?
- **CONNECT**: How does this session relate to you, your life, and your courses?
- **COMMENT**: What are your thoughts about this session?