The 39 strategies listed here are a combination of the metacognitive, learning, study, and testing strategies presented in this book.

1. Strive for higher levels of Bloom’s Taxonomy. (Chapter 4)
2. Implement the study cycle and schedule three to four intense study sessions per day. (Chapter 4)
3. Actively prepare to read by previewing reading assignments. (Chapter 5)
4. Read actively by developing questions before you start to read. (Chapter 5)
5. Paraphrase information in each paragraph of a reading assignment. (Chapter 5)
6. Actively read and learn by using flashcards, concept maps, chapter maps, and other tools. (Chapter 5)
7. Read the textbook. (Chapter 5)
8. Always attend every class. (Chapter 5)
9. Take good class notes by hand. (Chapter 5)
10. Preview and review for every class. (Chapter 4)
11. Do homework assignments without using examples or textbook information. (Chapter 5)
12. Prepare as if you have to teach the information you are learning. (Chapter 5)
13. Study with a partner or study group, and go to each session prepared. (Chapter 5)
14. Create practice exams to evaluate your mastery of the material. (Chapter 5)
15. Start homework the day that it is assigned and do a little of it each day. (Chapter 10)
16. Memorize everything you're told to memorize. (Chapter 11)
17. Aim for 100% mastery of the material. (Chapter 11)
18. Adopt a growth mindset about intelligence. (Chapter 6)
19. Monitor your self-talk and stay positive. (Chapter 6)
20. Attribute results to actions, not ability. (Chapter 6)
21. Know and understand your MBTI personality type. (Chapter 9)
22. Know and understand your learning style preferences. (Chapter 9)
23. Get adequate rest, nutrition, and exercise. (Chapter 9)
24. Keep a semester calendar. (Chapter 10)
25. Keep a weekly calendar. (Chapter 10)
26. Commit to studying 20–25 hours per week. (Chapter 10)
27. Protect your free time. (Chapter 10)
28. Prioritize according to needs and wants. (Chapter 10)
29. Organize test information by preparing charts, outlines, or a study guide. (Chapter 10)
30. Determine the types of questions that upcoming tests will feature (essay, short answer, multiple choice, T/F, etc.). (Chapter 10)
31. Write down formulas or other information you may need before you begin an exam. (Chapter 10)
32. Read test directions very carefully; listen for additional directions; and ask for clarification. (Chapter 10)
33. Survey the exam before starting and budget your time. (Chapter 10)
34. Begin with the easiest test questions and work your way to the harder ones. (Chapter 10)
35. Expect memory blocks and recognize that the information will come back to you if you move on to other questions. (Chapter 10)
36. Perform deep breathing to relax, and use positive self-talk to reduce test anxiety. (Chapter 10)
37. Analyze all returned tests and quizzes, and develop a plan for improvement. (Chapter 10)
38. Use the campus learning center for group study, tutoring, and other helpful information. (Chapter 10)
39. Visit your professors’ office hours on a regular basis. (Chapter 8)
APPENDIX B: BOOKS AND WEB LINKS RECOMMENDED FOR STUDENTS

Books


Links

For information on how to start a study group:

students.lsu.edu/academicsuccess/studying/peer/groups

To assess your mindset:

www.mindsetonline.com

To discover your learning style preference:


For study recommendations tailored to your learning preference:


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For time management tools:

students.lsu.edu/academicsuccess/studying/strategies/time

For more test preparation strategies:

www.howtostudy.org

For more learning, study, and testing strategies:

www.cas.lsu.edu
www.drearlbloch.com

For relaxation techniques and stress relief:

www.ucdmc.ucdavis.edu/hr/hrdepts/asap/Documents/Relaxation_Techniques.pdf