

# Study Systems

## MURDER

Studying can be murder! Use a system that works and is easy to remember.

### Mood

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

### Understand

Mark any information that you don't understand. Keep a focus on one unit or a manageable group of exercises.

### Recall

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

### 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 do not understand it.

### Expand

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?

### Review

Go over the material you've just covered. Think about the strategies that helped you understand and/or retain information in the past and apply these to your current studies.

Turn the page for information on using index cards as a method of studying.