

Study Tips from UNTHSC tutors

Kinesthetic:

- To Prepare for class
 - Download power points and review them before class
 - Review the objectives before class
- In class
 - Rely on secondary styles (visual, auditory, or read/write)
 - Stay involved in the lecture by taking notes and drawing diagrams, even if it is already in the power point
- To study
 - Do practice questions
 - Review in a group
 - Repetition is crucial
 - Associate a place, activity, or sense with the information

Visual:

- To prepare for class
 - Review the power points
 - Draw graphs, pictures, or diagram the information when possible
 - Make an outline
- In class
 - Take notes (some find it most helpful to do so in their own handwriting)
 - Translate anything that can be into a diagram or chart
- To study
 - Color code using highlighters or colored pens
 - Re-write the material into charts or outline format
 - Studying our own hand-written notes

Auditory:

- To prepare for class
 - Read assigned books or power points (aloud to yourself sometimes helps)
- In class
 - Attend lectures
 - Ask questions
- To study
 - Listen to lecture recordings
 - Explain material to a study partner

Read/Write:

- To prepare for class
 - Read and outline the power points and assigned chapters
 - Work on practice problems (Biostats)
- In Class
 - Take notes
 - Place holder
- To study
 - Organize notes by color coding
 - Re-write information
 - Make tables
 - Make and use flashcards