## Passive vs. Active Approaches to Studying

### Passive

- **Misses class** frequently or is unfocused during lecture.
- **Highlights notes and texts** extensively on first reading.
- **Rewrites notes** from lecture or text as originally written.
- Has **NO schedule**.
- **Uses only one approach** to studying, i.e. looking at notes over and over.
- **Waits for the “feeling”** that they know the material.
- **Primarily uses rote** memorization
- **Crams** for exams.

### Active

- **Remains alert** during lectures by focusing on identifying answers to questions generated when previewing packets and tests.
- **Approaches new reading material with questions** to be answered. Minimal re-reads.
- **Summarizes material** in “own words”
- **Creates realistic schedule** including studying, recreation, and exercise.
- **Uses many approaches** to ensure long term memory (reading, verbalizing, visualizing, summarizing.)
- **Reorganizes information** to highlight similarities and differences.
- **Creates charts**, flow diagrams or other summaries to facilitate long-term learning and integration of material.
- **Relates old information** to new information.
- **Uses self-testing** (old or sample test questions) to ensure mastery of material.
- **Uses intermittent review** to ensure long term memory.