

How to Study in Less Time & Do Better Workshop Outline

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Oregon State University

Time Required: 80 minutes

I. Extra Time for Late-Comers - 5 min

II. Introduction of Presenter - 3 min

- Distribute current workshop list, other campus resources, title sheet for this workshop with presenter contact information (telephone number, email)

III. Reflecting on Experience

A. Game: "The Worst Ways to Study" - 3 min

- Everyone writes on their own sheet of paper as many poor ways to study as they can in two minutes. Whoever has the most "wins." Prize: TBA.

B. Discussion of the worst ways - 5 min

- Each person shares one.

IV. Assimilating & Conceptualizing

A. Hand out and review The Seven-Day Study Plan - 10min

B. Hand out and review 17 Ways to Improve Your Studying - 30min (use 17 Ways - Detailed Version for presenter's additional info.)

V. Experimenting and Practicing

A. Large Group Discussion - 5min

- Sharing of other or similar techniques students have used and found effective

B. A Key Question - 3 min

What's the "secret" behind these strategies that makes them work?

Ask students, then mention:

- When: Time management of studying (including study breaks)
- What: Making studying meaningful to help memorize concepts
- How: More senses activated when studying (writing, thinking, recalling; not just reading (SQ3R stuff))
- Where: Places to study
- Why: (not previously discussed) Ask self why studying? Does this studying in some way fit in with short or long-term goals

VI. Planning for Application

A. Meet in groups of three - Discuss which techniques you will use - 6 min

B. Distribute handouts for students to read at home - 1 min

- Preparing for Examinations
- Concentration

VII. Questions and Comments - 3 min

VIII. Evaluation - 3 min

Bert H. Epstein, Psy.D. is a psychologist at Oregon State University's Counseling and Psychological Services

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