

6 Tips for a Successful Study

Group

Study groups can be one of the most effective ways to review for a class. However, sometimes they can be distracting and/or stressful. The following are 6 tips on how to effectively use a group study session.

Have a goal -Go into the study group with a definitive goal. “I want to study for the exam” is not a helpful goal. Know what material you want to study, to what level you want to focus on it, and how long it will take to cover it. Create your goals before going to the session. Creating goals as a group may not be beneficial for everyone in the group. A good example: I want to have the study guide for exam 2 (what) completed in the next 2 hours (how long) with a least a short paragraph for every question (what level).

Come prepared - Bring all class material to the session as well. Having those resources will help you cover the material more effectively, giving you more time to focus on your goals. Write down question that you have so you don't forget to go over them during the session. Bring a notebook and writing materials as well.

Have a focus – Have a designated leader. Having one person in charge will make things run more smoothly. Have the leader pose questions and work through the answers as a group. Make sure everyone understands before moving on. Switch leaders throughout the study group to give others a chance to pose questions to the group. Remember: teaching others is one of the best ways to comprehend concepts and problems. Take notes on things you don't understand.

Quiz each other – Identify possible test questions and quiz each other. Try and answer from memory. If group members are struggling, give them hints or clues. If they still understand it, explain it to them in your own words. These interactions are a great method to finding ways to remember certain aspect of the class.

Challenge each other – Challenge answers given. Ask group members to explain how they arrive at an answer. Being able to defend a point means you have a very deep level of understanding over the material. Don't just tell people they are wrong, use facts to explain the correct answer.

Review – Near the end of the session, review the material you went over and highlight areas that you may have missed. Ask any clarifying questions if needed. Determine if you have questions for your professor and if they should be asked during class or during office hours.

