

Study “Hacks” from Mount 101

Study hacks are really just different techniques that you can use to help you remember and retain the information from class. Try these out and see how they work for you. If you're having trouble determining an approach to studying that works for you, speak with your professor or make an appointment with the Learning Strategist.

Mind Map

At times we get caught focusing too much on the details of what we are learning and sometimes we cannot see the bigger picture. Mind maps are handy organizational tools that can help you see the bigger picture of the content you are studying. Mind maps can help you to plan, save time, solve problems, organize and clarify your thoughts so you can see the “whole picture.”

You can use online tools such as [Mind Meister](#), [GoCongr](#), [Miro](#), or [MindMup](#) to create a mind map. But sometimes the best way to start is with a pen and paper. Follow the steps below:

1. Gather a plain sheet of paper and something colourful to write with.
2. In the centre of your page, draw an image or write a word that represents the main idea. Images are more interesting than words and will help keep you focused.
3. Start drawing thick branches off of the middle image and add a note, word, or concept. Make each a different colour. These branches will represent your main thoughts.
4. As you work through the material, continue to add branches as you make associations. Don't forget to add colour and visuals to keep your brain engaged!

RCRCA

- The read-cover-remember-check-adjust is a great way for you to recall information.
- To do this, **read** the information in your notes, use a piece of paper to **cover** the information, try to **remember** the key points, remove the cover and **check** to see if you were correct, and then **adjust** your approach if you didn't get it correct the first time.

Self-Testing

- Don't just read through your notes, engage with the material and test yourself to see if you can remember and understand the information. Self-testing is one of the most effective ways to study and you can adapt it for any discipline.
- Try converting textbook headings and subheadings into questions (and answering them), answering practice questions from your textbook, doing math problems, and thinking of what questions you might be asked in a test or exam.

Cue Cards

- Write a question, concept, term, or learning objective on the front of a cue card and then write out the answer, explanation, or definition on the back.
- Try creating 3 cue cards for each class at the end of each week. That way you have a set of questions and your study notes ready to go when your friends are cramming for the midterm.



Explain the Information

- Try to explain key concepts and ideas to someone else. You'll be able to reflect on what you're saying, answer questions, and see if you're able to clearly communicate the main points. If you can explain the material, you know the material.
- If you don't have someone to explain the information to, try explaining it to yourself. Use your phone to record the explanation and listen to it. If you don't like the explanation, delete it, re-record, and play it again. Listen to these recordings as part of your study routine.

Make Connections

- Thinking about how everything fits together is a great way to practice metacognition and to evaluate how well you are meeting the course learning objectives.
- A great way to do this is to review the learning outcomes on your course outline and see how you can connect the course material to those outcomes.