I've been studying the same way for a long time and to be honest, it's really boring me. This semester, I need a change. How can I study differently?

Study smarter, not harder:
Understanding the difference between passive and active learning

EXPERT TIP: Keep in mind, no one uses all of these active study strategies for every class. If you want to make a change, think about the courses that you're taking and select one or two strategies that you think will work best

I've been passively studying by...	Now I'm going to try these ACTIVE study strategies...	The pay-off...
Reading my notes over and over again when studying	Make a concept map to help me focus on making connections among all of the material in the course	Concept maps help me think about course material in a non-linear and more creative way
Highlighting my textbook	Write out my notes in my own words	Using my own words and writing by hand help me remember and understand course content better
Rewriting my notes word-by-word	Create a condensed study guide that focuses on the main themes and concepts	When I'm making the study guide, I'm thinking about how the course is organized and figuring out which topics are most important for me to focus on
Using cue cards to test myself on definitions	Construct a practice quiz for each chapter	Creating quiz questions forces me to think critically about the course material, and answering the questions helps me check what I remember
Studying last minute	Set aside a little time each week to review my notes	Reviewing my notes on a regular basis helps me memorize things more easily and decreases my stress at exam time
Studying on my own	Study with classmates so we can quiz each other, brainstorm exam questions, and explain concepts. I'm going to go to SLGs for some of my classes	I can come up with more ideas about how and what to study in a group rather than on my own. When I can explain ideas to my classmates, I know that I really understand the material

EXPERT TIP: It's easy to study passively just by reading and memorizing, but it's much more effective to study actively. Try creating concept maps, study guides, practice quizzes, joining a study group, or coming up with your own study strategies. At the end of the semester, you'll be surprised by how much you've learned. All of these active study ideas can help you study smarter, not harder.