

## **List of Study Habits; Doing What Works!**

Stephen Madigan, professor at USC, was astonished by the performance of a student in a very difficult class. This student, Tim Fellows, consistently earned 90-95 percent on exams, papers, multiple choice questions, short-answer questions and class activities; extraordinary grades for any student in the Psych 101 class. Madigan saw Fellows around campus and at games and knew Fellows had an active social life outside of class as well. In conversation, Fellows gave Madigan a list of study habits he uses to help incoming students:

- Always do the reading prior to the lecture.
- Anticipates test questions and the answers as he's reading
- Answers rhetorical questions in his head during lectures to test his retention of the reading
- Reviews study guides, finds terms he can't recall or doesn't know, and relearns those terms
- Copies bolded terms and their definitions into a reading notebook, making sure that he understands them
- Takes a practice test; and from this he discovers which concepts he doesn't know and makes a point to learn them
- Reorganizes the course information into a study guide of his design
- Writes out concepts that are detailed or important, posts them above his bed, and tests himself on them from time to time.
- Spaces out his review and practice over the duration of the course

Fellows's study habits are a good example of doing what works and keeping at it, so that practice is spaced, and the learning is solidly embedded at exam time.

These best practice suggestions can be implemented whether your child is in middle school, high school, or college. .

## **What is your child's list of study habits he/she has for their classes?**

From: Make It Stick. Brown, Roediger, and McDaniel

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