

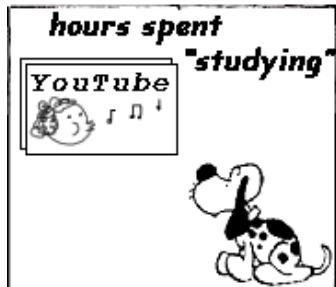
CHM 201 Elements of Organic Chemistry, L. Starkey Cal Poly Pomona

## Metacognition – Studying vs. Learning

“It is better to know how to learn than to know.” –Theodor Geisel



Julian W. "Bud" Blake (1918 - 2005)



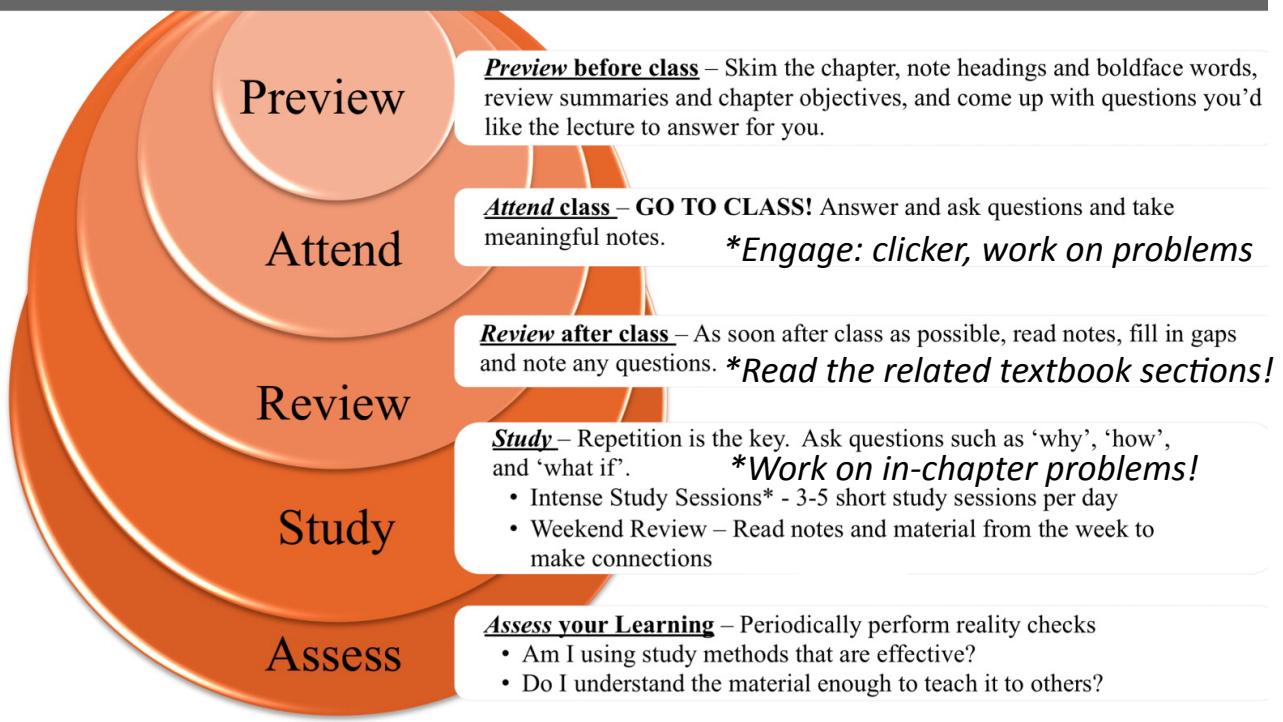
**Would inserting this pane into the cartoon  
make a difference to the outcome?  
Why or why not?**

## Why or why not?

# Studying ≠ Learning

“Studying” is the tool/mechanism used to achieve “learning.”

## The Study Cycle



### \*Intense Study Sessions

|   |                         |             |  |
|---|-------------------------|-------------|--|
| 1 | <b>Set a Goal</b>       | (1-2 min)   | <b>Decide what you want to accomplish in your study session</b>  |
| 2 | <b>Study with Focus</b> | (30-50 min) | <b>Interact with material</b> - organize, concept map, summarize, process, re-read, fill-in notes, reflect, etc. |
| 3 | <b>Reward Yourself</b>  | (10-15 min) | <b>Take a break</b> – call a friend, play a short game, get a snack  |
| 4 | <b>Review</b>           | (5 min)     | <b>Go over what you just studied</b>   |

The Study Cycle as presented to the Louisiana State Univ. students seeking advice from the Center for Academic Success. (\*Notes added by Laurie Starkey) Published in: Elzbieta Cook; Eugene Kennedy; Saundra Y. McGuire; *J. Chem. Educ.* **2013**, 90, 961-967. DOI: 10.1021/ed300686h Copyright © 2013 The American Chemical Society and Division of Chemical Education, Inc.

To prepare for a CHM 201 exam, what is the **BEST** use of my time? \_\_\_\_\_

To prepare for a CHM 201 exam, what is the **SECOND BEST** use of my time? \_\_\_\_\_

- a) Watch online lecture again at Educator.com
- b) Rewrite my notes
- c) Work textbook problems
- d) Watch tutorials/videos online
- e) Listen to recording of lecture I attended