Metacognitive Study Sessions

Metacognitive learning strategies involve **interacting with your learning materials** at a higher level. This includes **previewing** material before class, **creating** learning objectives for class, **engaging** in lecture with meaningful notes, and then **reviewing** your materials after class.

*Then what?* The next layer of learning involves **intense study sessions**.

The Power Hour

**Set Your Goals**

1-2 Minutes
Decide what you want to accomplish in your study session.

**Interact with Your Materials**

30-50 Minutes
Use outlining, mind-mapping, summarizing, practice testing, flash cards, teaching, or other methods to increase your level of understanding.

Use homework and example problems as an opportunity to test yourself. Work problems **without referring to the solutions**. If you come to an impasse, search through your resources before looking at the solution. Continue to reference your resources and rework your approach until you learn how to properly answer the question or solve the problem. Making mistakes here is good! This is where your learning is occurring.

**Reward Yourself**

10-15 Minutes *(Hint: Use a timer!)*
Take a break. Studies have shown that a mentally stimulating task during study breaks can help with learning- try gaming, Sudoku, or puzzles. Taking a walk, getting a snack, and/or hydrating are also great ways to use your break time.

**Review**

5 Minutes
Briefly review what you just studied.

WSU’s Student Success Center offers academic support and counseling services at no cost to students. For assistance with any of these strategies, or for more information, visit your Learning Specialist by calling **509-358-7757** or make an appointment at **wsu.mywconline.net**.