

# Tips for Studying Smarter, Not Harder for Students and their Instructors

Amanda C. Gingerich, Ph.D.  
Tara T. Lineweaver, Ph.D.



Simpson College  
February 3, 2016

# 6 Study Tips

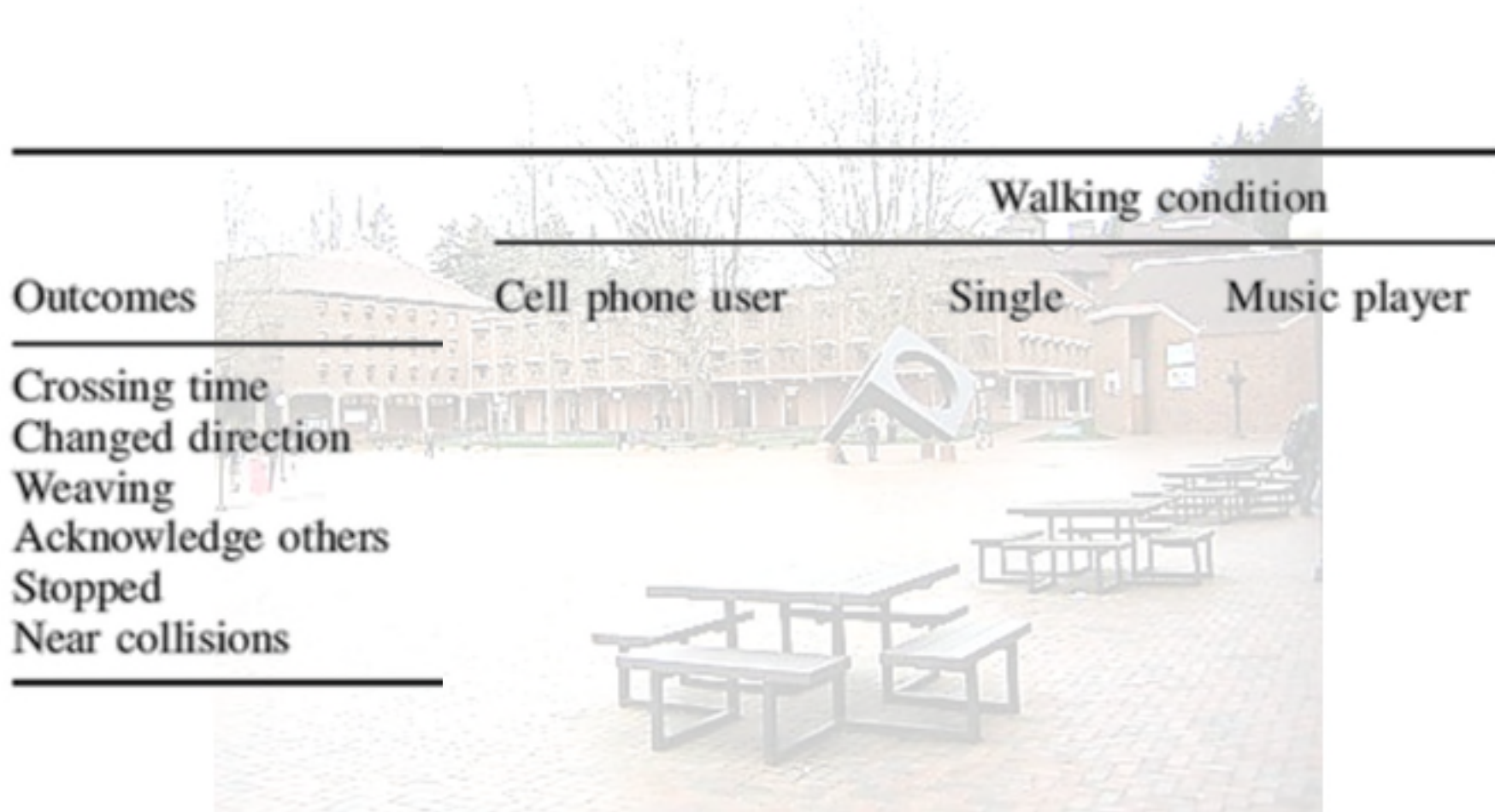
- 1. Pay Attention**
- 2. Skim, Listen, Read, Repeat (SLRR)**
- 3. Don't Rote Memorize**
- 4. Study A Little A Lot**
- 5. Quiz Yourself**
- 6. It Is Never Too Early**

# 1. Pay Attention



Hyman, Boss, Wise, McKenzie, & Caggiano (2010)

# 1. Pay Attention



Hyman, Boss, Wise, McKenzie, & Caggiano (2010)

# 1. Pay Attention

Outcomes	Walking condition		
	Cell phone user	Single	Music player
Crossing time	82.53 (13.09)	74.81 (9.57)	73.69 (8.88)
Changed direction	29.8%	4.7%	11.1%
Weaving	21.3%	14.0%	5.6%
Acknowledge others	2.1%	11.6%	13.0%
Stopped	4.3%	2.3%	9.3%
Near collisions	4.3%	0.0%	1.9%

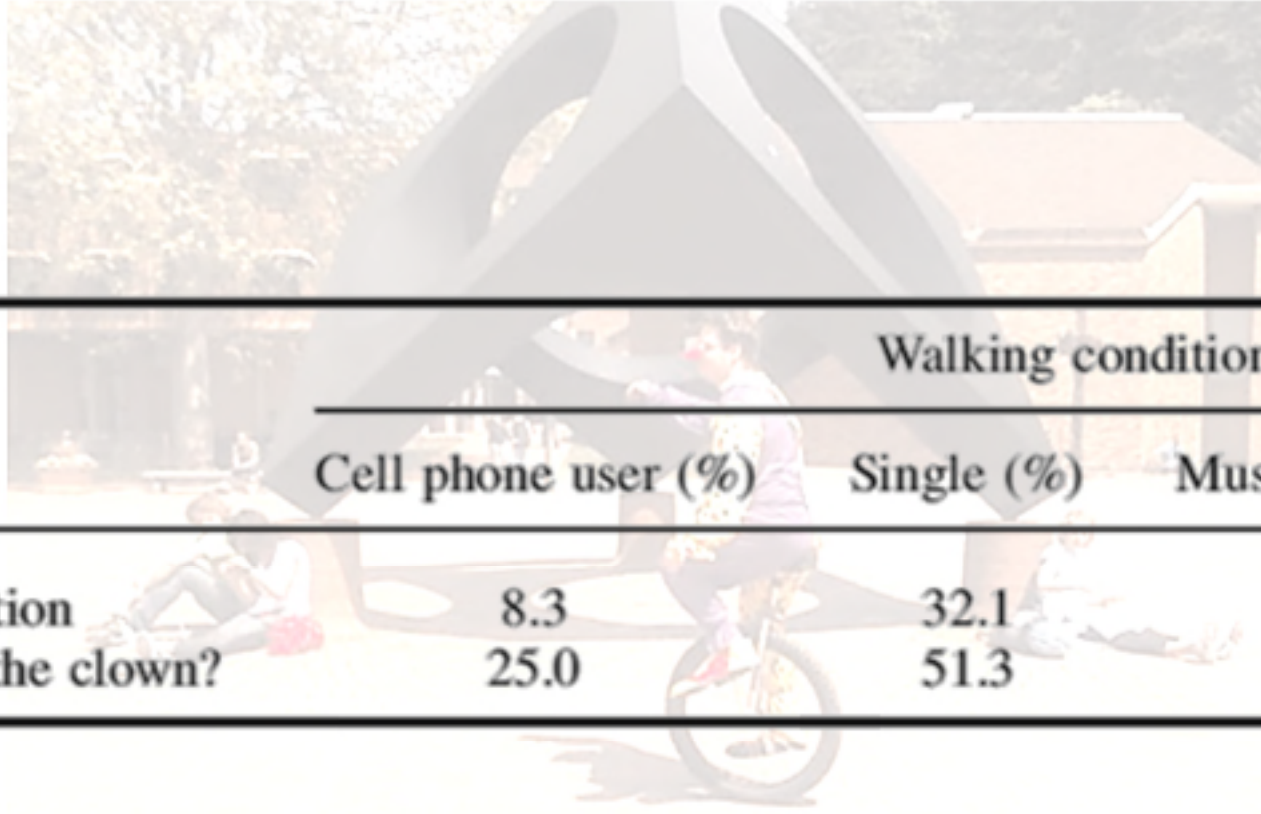
Hyman, Boss, Wise, McKenzie, & Caggiano (2010)

# 1. Pay Attention



Hyman, Boss, Wise, McKenzie, & Caggiano (2010)

# 1. Pay Attention



Question	Walking condition		
	Cell phone user (%)	Single (%)	Music player (%)
General question	8.3	32.1	32.1
Did you see the clown?	25.0	51.3	60.7

Hyman, Boss, Wise, McKenzie, & Caggiano (2010)

# Demonstration

Simpson College  
February 3, 2016



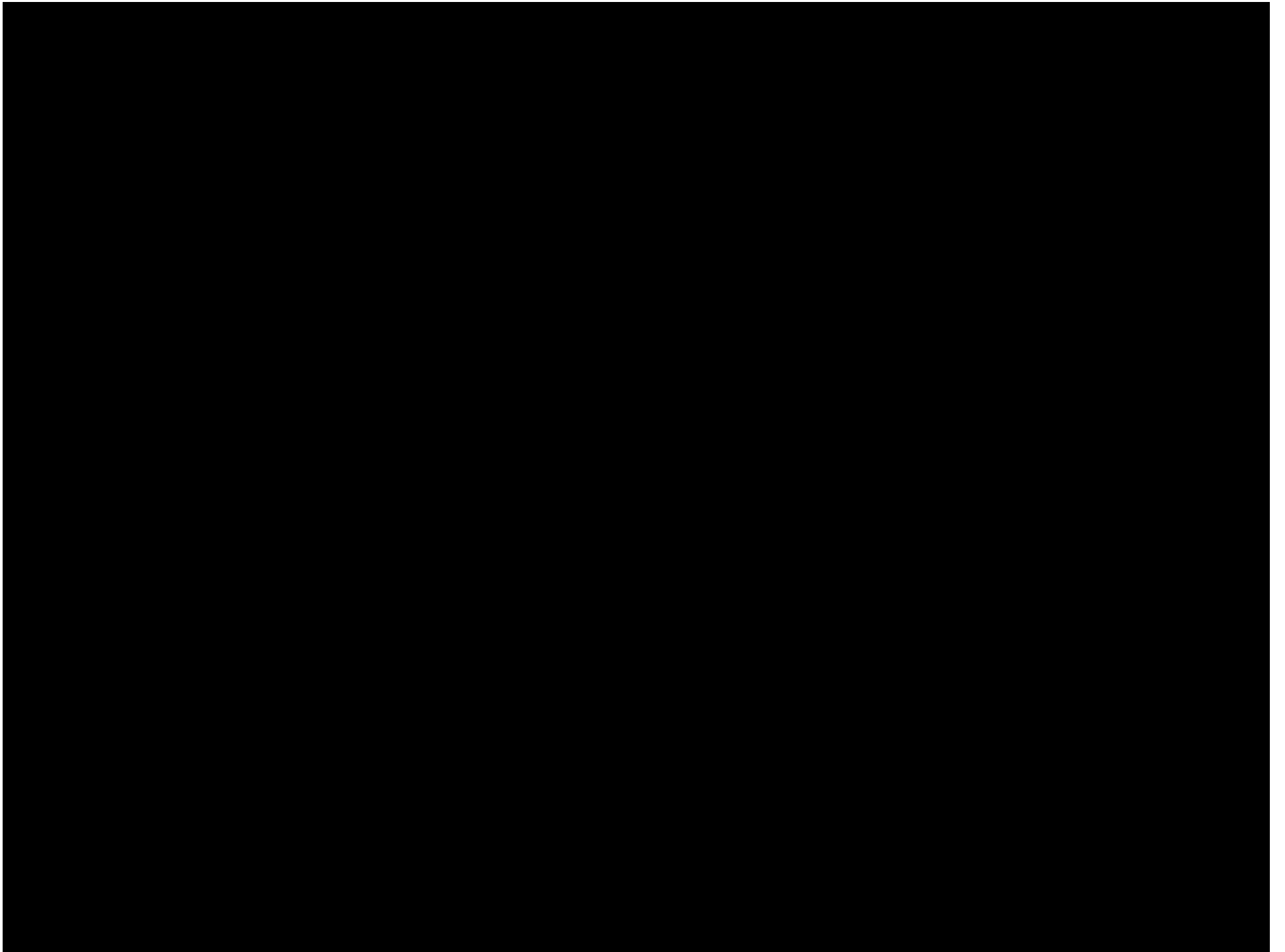
## Group 1:

- Look for name of city
- Count city names written in red
- Raise hand when hear sound



## Group 2:

- Look at Group 1
- Raise hand when hear sound



**BUFFALO**

**DOCTOR**

**BARBER**

**CLEVELAND**

**RENO**

**COOK**

**PARIS**

**TEACHER**

**ANNOUNCER**

**PHOENIX**

**PILOT**

**ROME**



TOKYO

ARTIST

**SECRETARY**

**CHICAGO**

**TORONTO**

**JANITOR**

**RECEPTIONIST**

**LONDON**

**PHOTOGRAPHER**

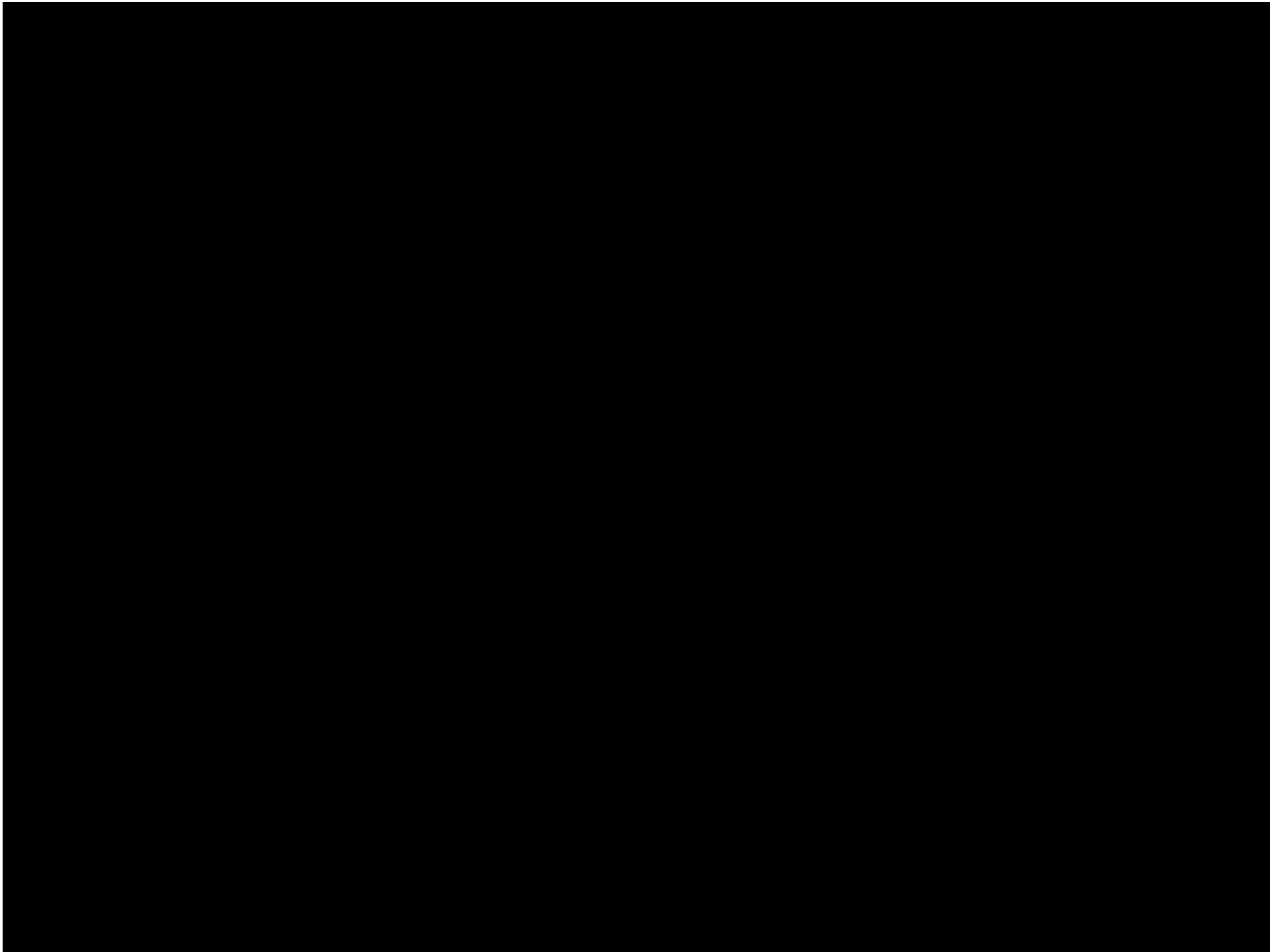
**SEATTLE**

**INDIANAPOLIS**

**BAKER**

Cognition: Theory and Applications, 7/E by Stephen K. Reed

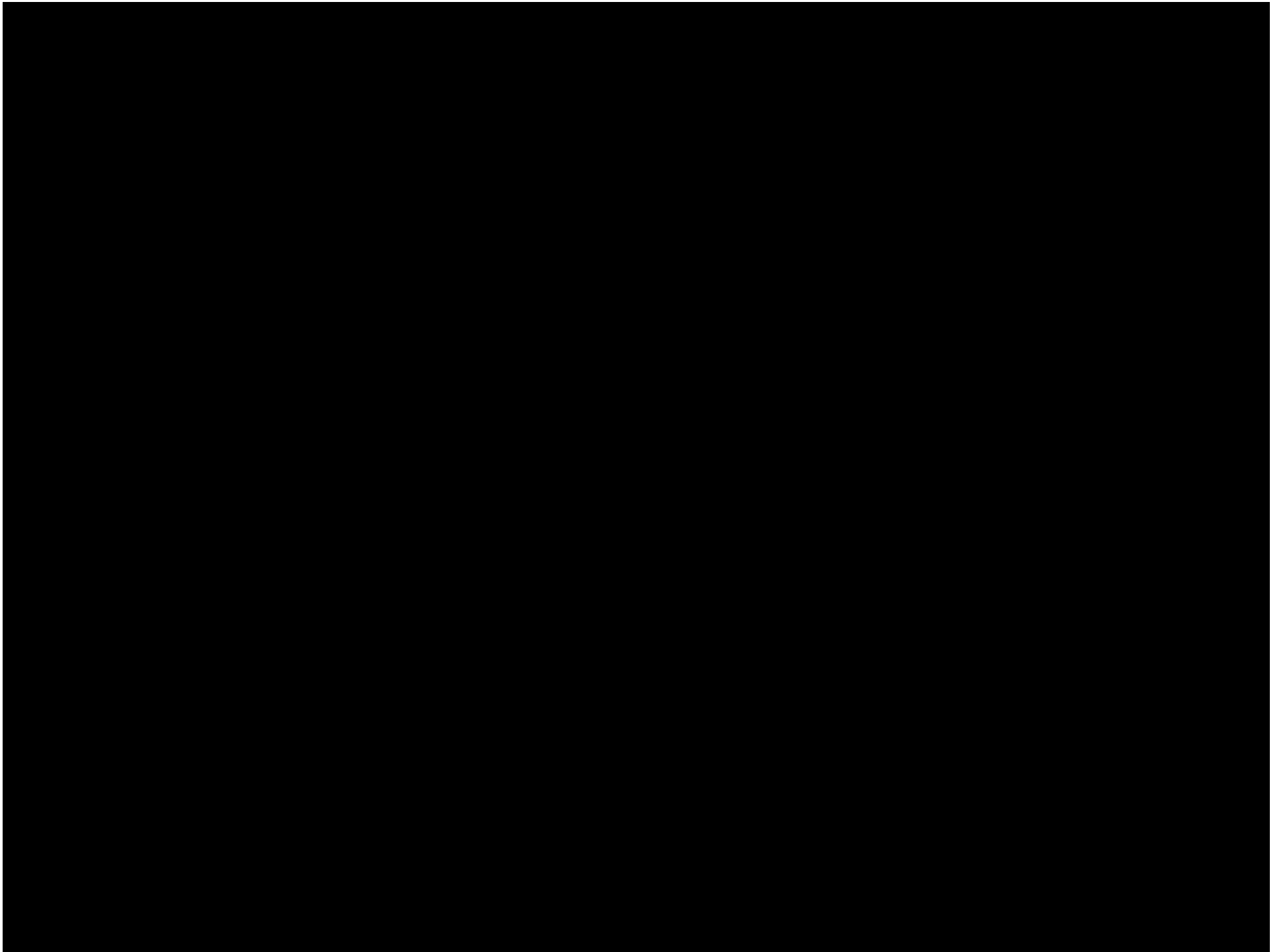
Copyright © 2007 by Wadsworth Publishing, a division of Thomson Learning. All rights reserved.



# Divided Attention Demo Results







**BUFFALO**

**DOCTOR**

**BARBER**

**CLEVELAND**

**RENO**

**COOK**

**PARIS**

**TEACHER**

**ANNOUNCER**

**PHOENIX**

**PILOT**

**ROME**

TOKYO

ARTIST



**SECRETARY**

**CHICAGO**

**TORONTO**

**JANITOR**

**RECEPTIONIST**

**LONDON**

**PHOTOGRAPHER**

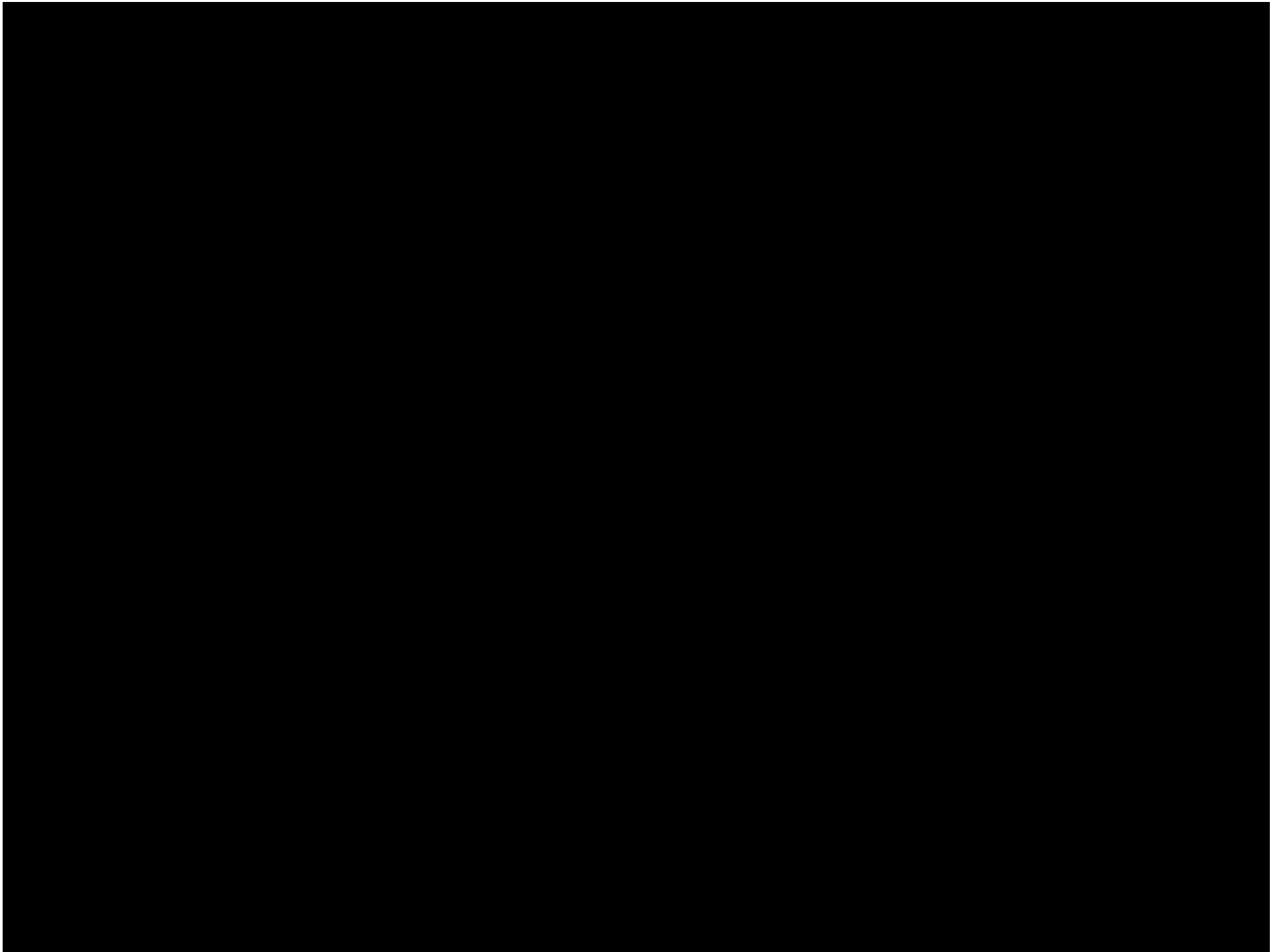
**SEATTLE**

**INDIANAPOLIS**

**BAKER**

Cognition: Theory and Applications, 7/E by Stephen K. Reed

Copyright © 2007 by Wadsworth Publishing, a division of Thomson Learning. All rights reserved.



# Divided Attention Demo Results



## 2. Skim, Listen, Read, Repeat (SLRR)



# Demonstration

Simpson College  
February 3, 2016

Everyone:

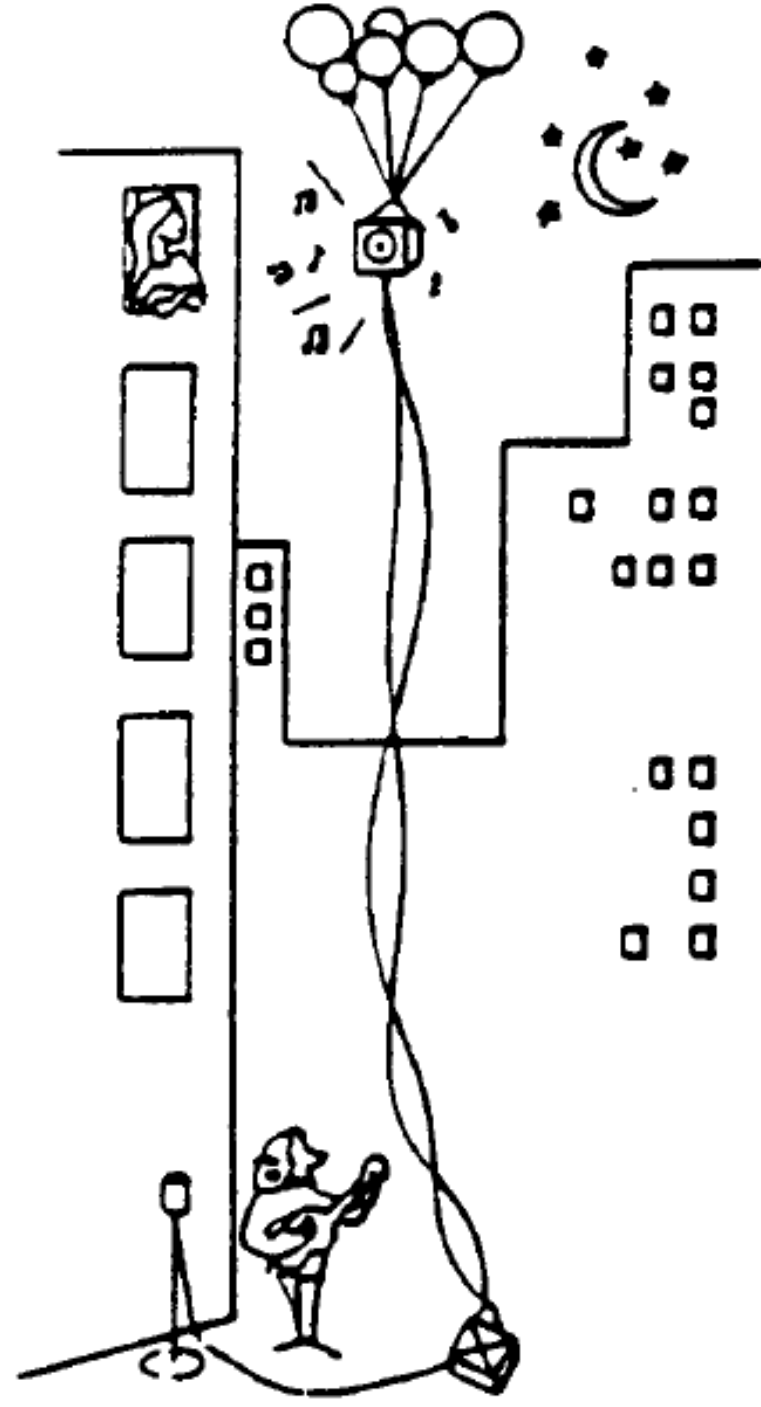
Listen to this “lecture” and try to  
remember details



Everyone:  
Write down main points of  
paragraph on “P1” in 90  
seconds



- Turn “P1” face down
- Study the following picture



Everyone:  
Now listen to the following  
paragraph and try to remember  
details





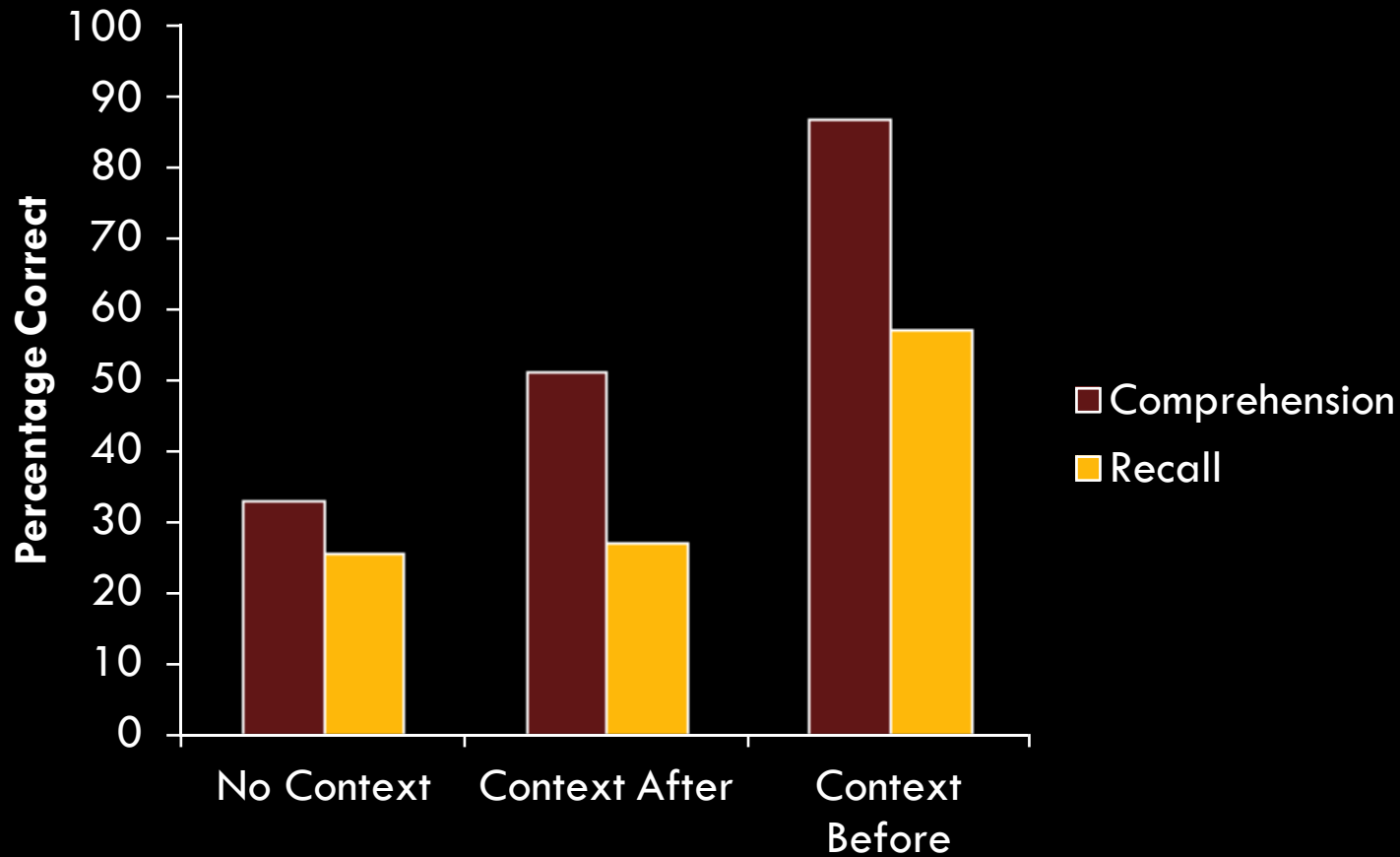
Everyone:  
Write down main points of  
paragraph on “P2” in 90 seconds



# Context Demo Results

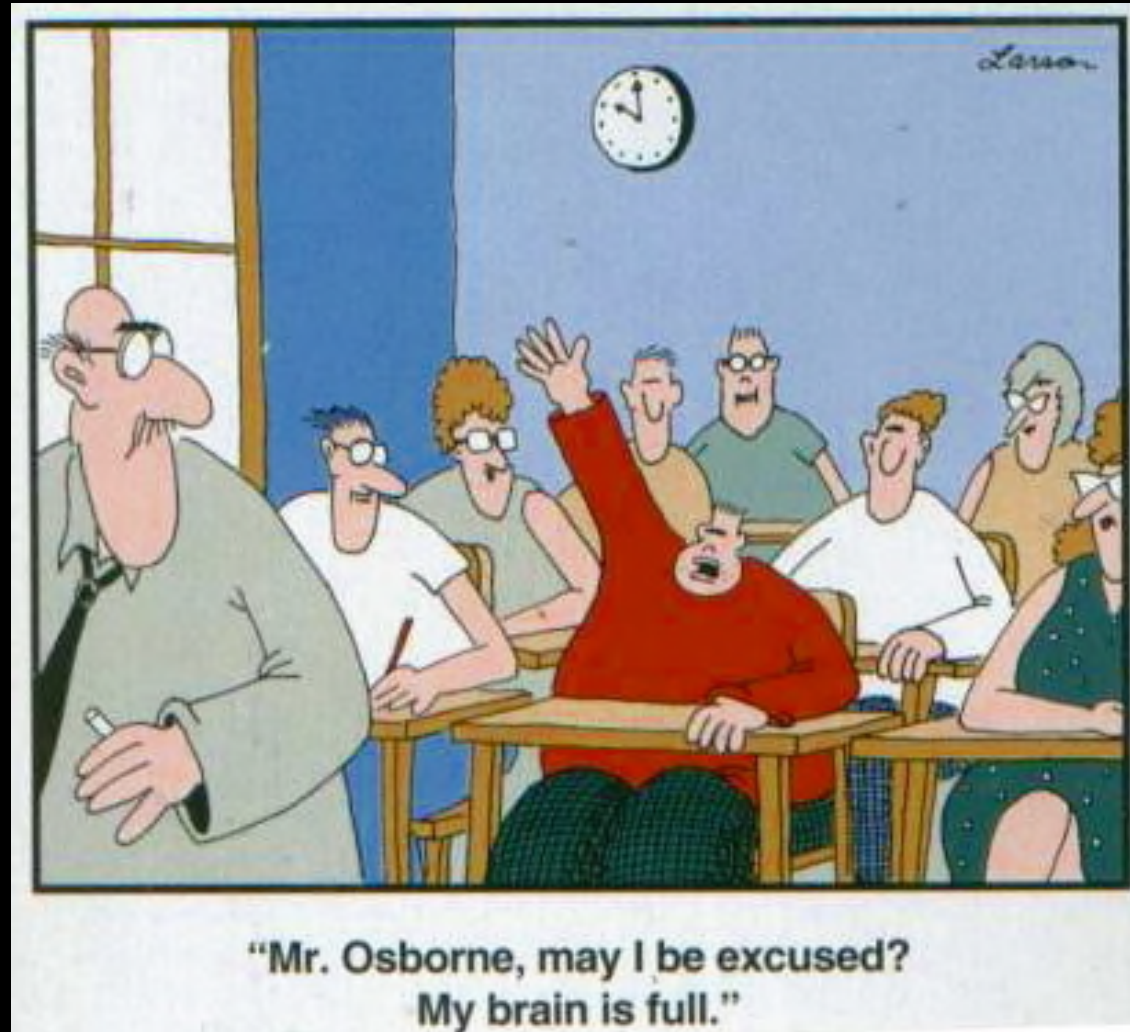


## 2. Skim, Listen, Read, Repeat (SLRR)



Bransford & Johnson (1972)

# 3. Don't Rote Memorize



# Demonstration

Simpson College  
February 3, 2016

When I say GO, flip the page and:

Group 1:

Quickly Circle Longest Word in Pair

Group 2:

Quickly Circle Largest Object in Pair

# 3. Don't Rote Memorize

NECKLACE - BUS

Necklace







# Groups 1 & 2:

When I say the 1<sup>st</sup> word in each pair,  
write down the 2<sup>nd</sup> word

Example: **NECKLACE - ???**

# Groups 1 & 2: Grade Yourself

1. tree-PLATE
2. belt-SHOVEL
3. comb-LAMPSHADE
4. hamburger-SHIRT
5. football-CAR
6. hammer-CAVE
7. elephant-PEACH
8. church-BRIDE
9. vase-HOUSE
10. garden-WORM
11. cat-TIGER
12. watch-FORK
13. lamp-PENNY
14. sofa-MOUSE
15. seashell-BOAT
16. ranch-MUSTACHE
17. envelope-PEN
18. flowerpot-DESK
19. saddle-COCONUT
20. oyster-ASPARAGUS

# Meaning Demo Results

---

Calculator

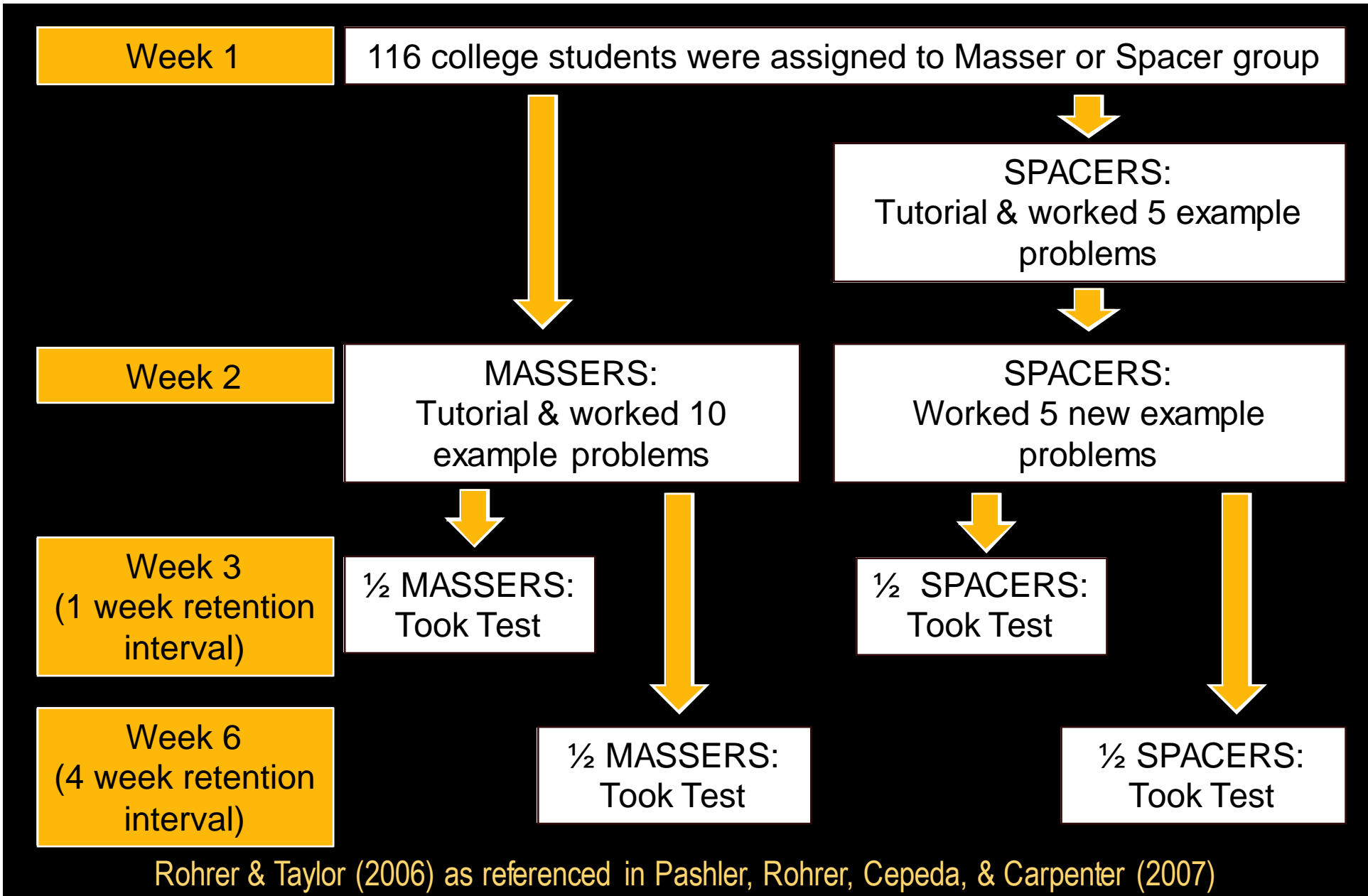
Tally

Group 1:

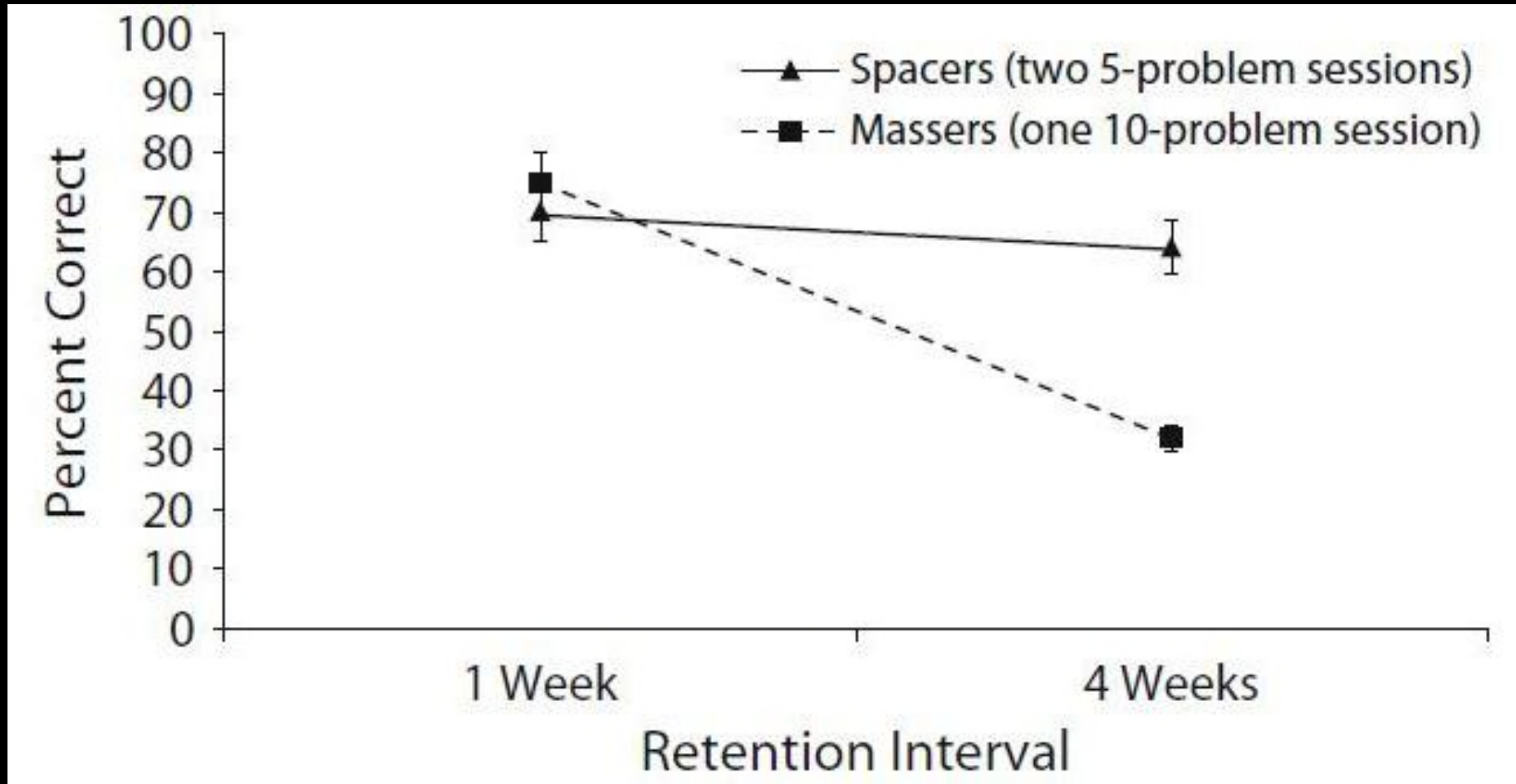
Group 2:

# 4. Study A Little A Lot





# 4. Study A Little A Lot

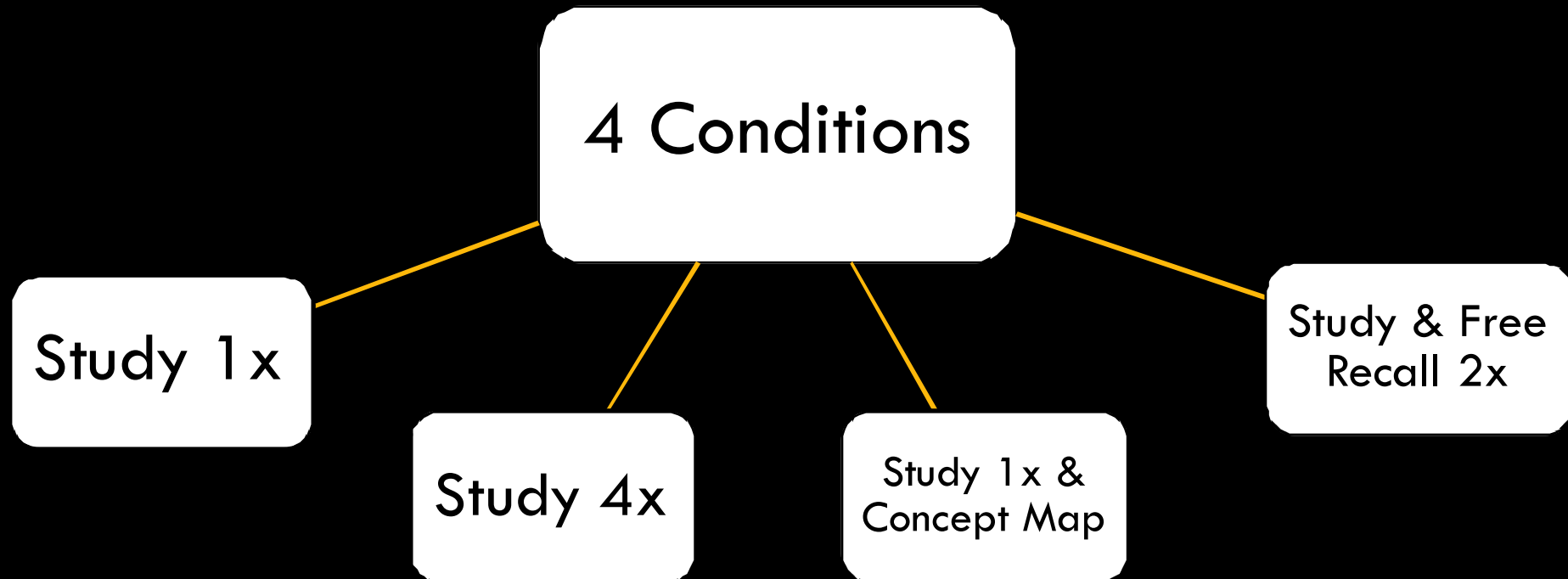


Rohrer & Taylor (2006) as referenced in Pashler, Rohrer, Cepeda, & Carpenter (2007)

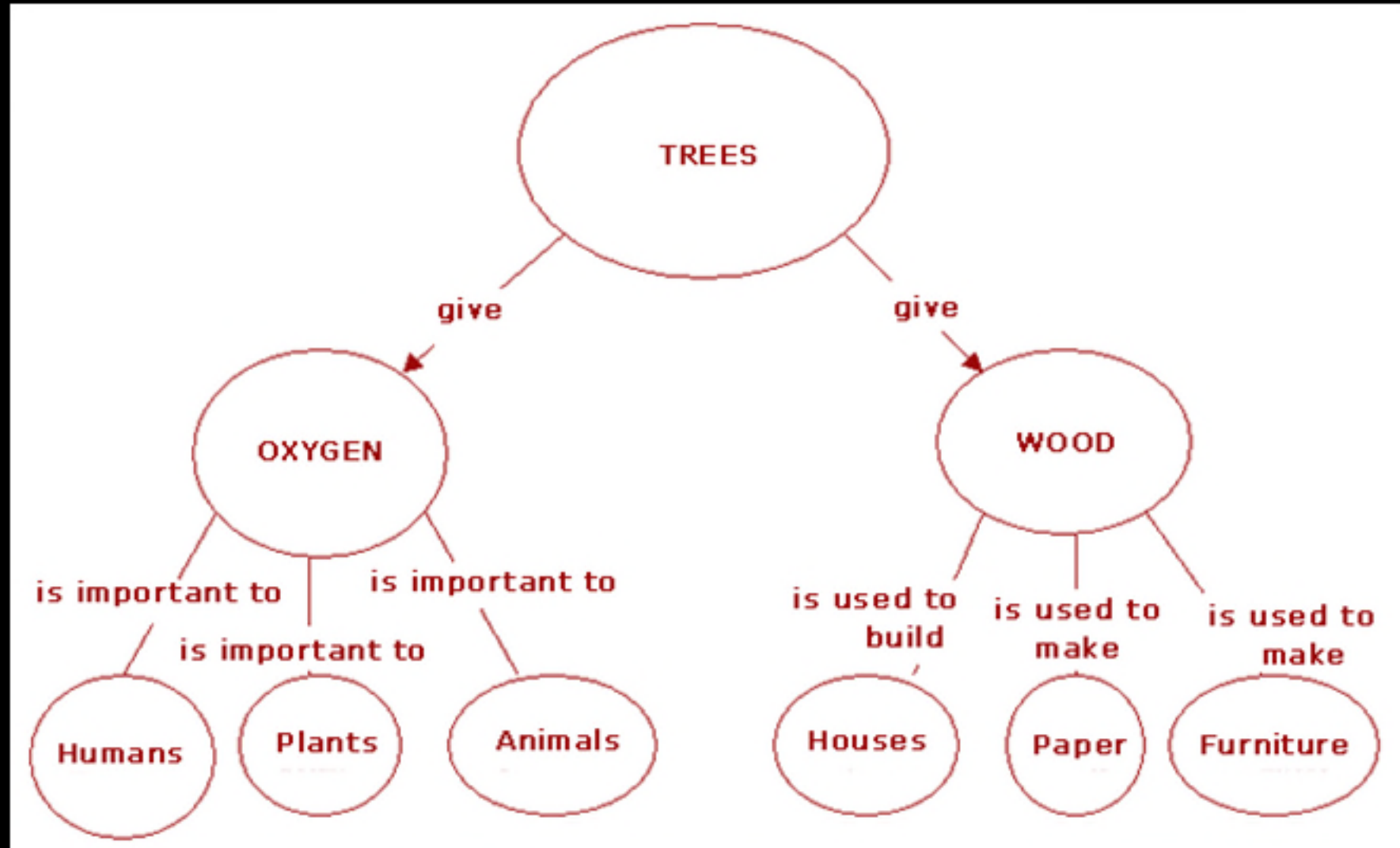


# 5. Quiz Yourself

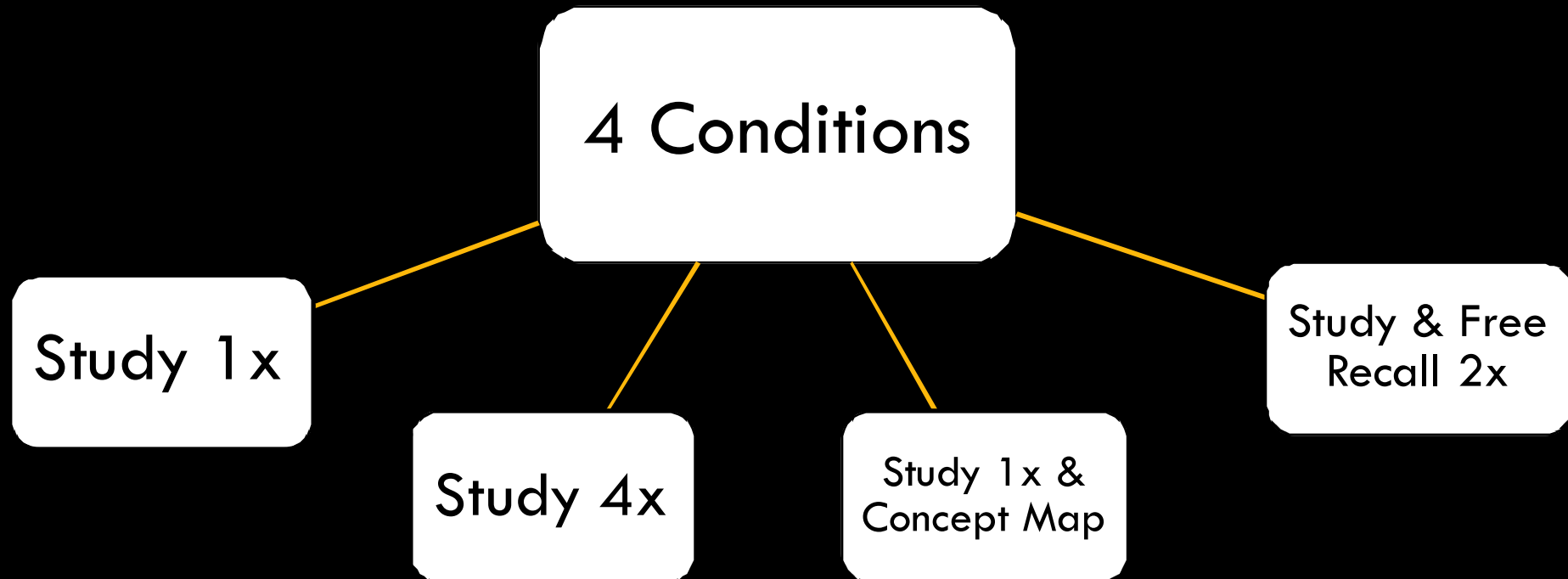
# 5. Quiz Yourself



Karpicke & Blunt (2011)



# 5. Quiz Yourself



Karpicke & Blunt (2011)

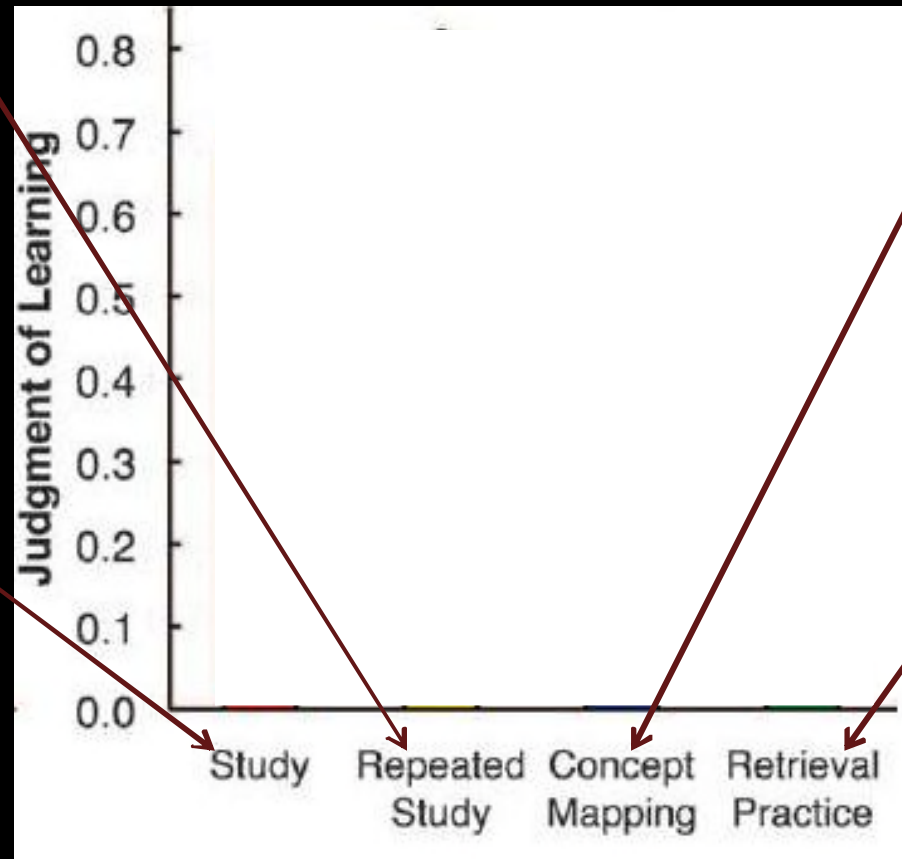
# What Do You Think?

Study 4x

Study 1x

Study 1x &  
Concept Map

Study & Free  
Recall 2x



Karpicke & Blunt (2011)

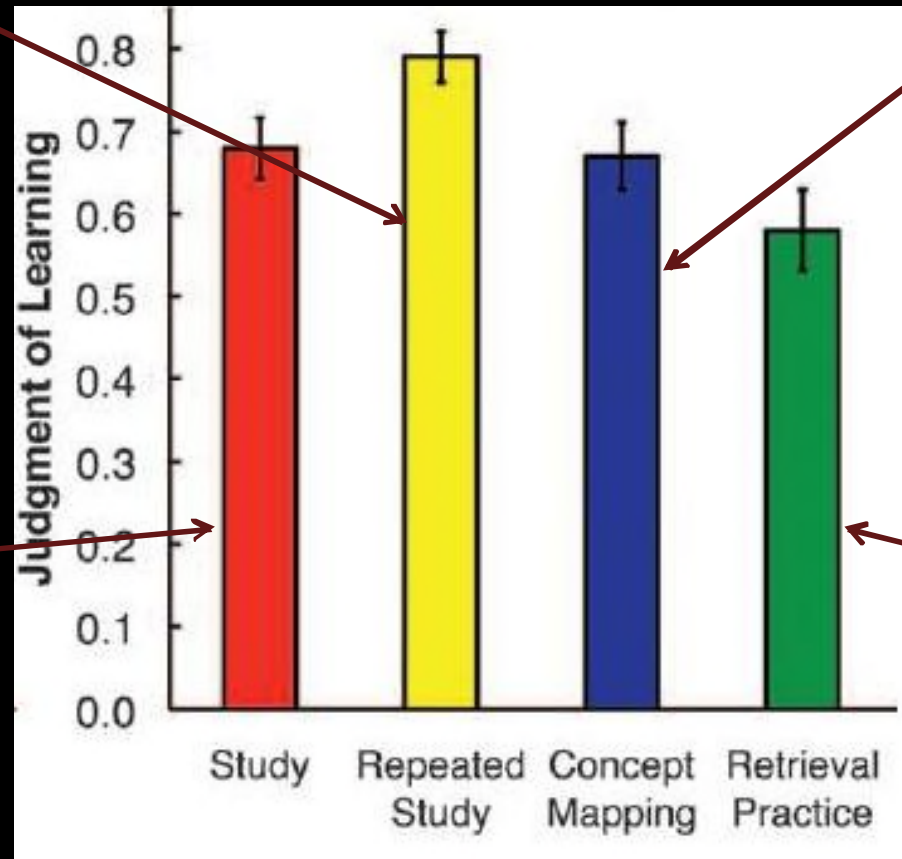
# What Students Think...

Study 4x

Study 1x

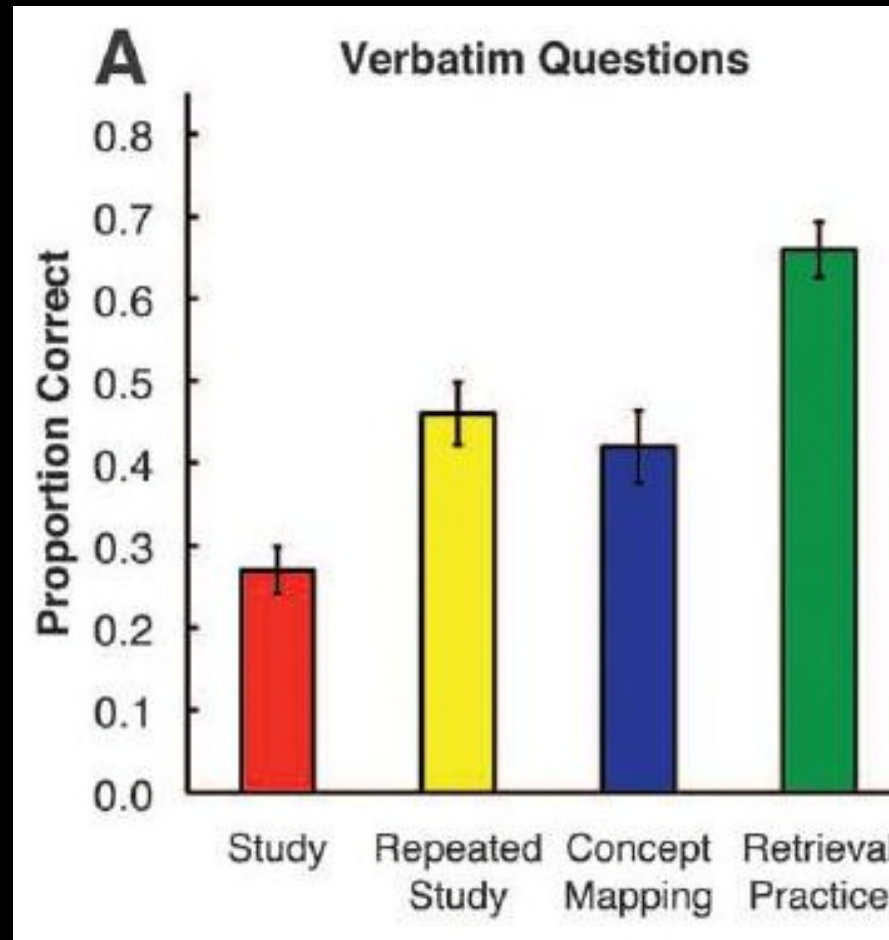
Study 1x &  
Concept Map

Study & Free  
Recall 2x



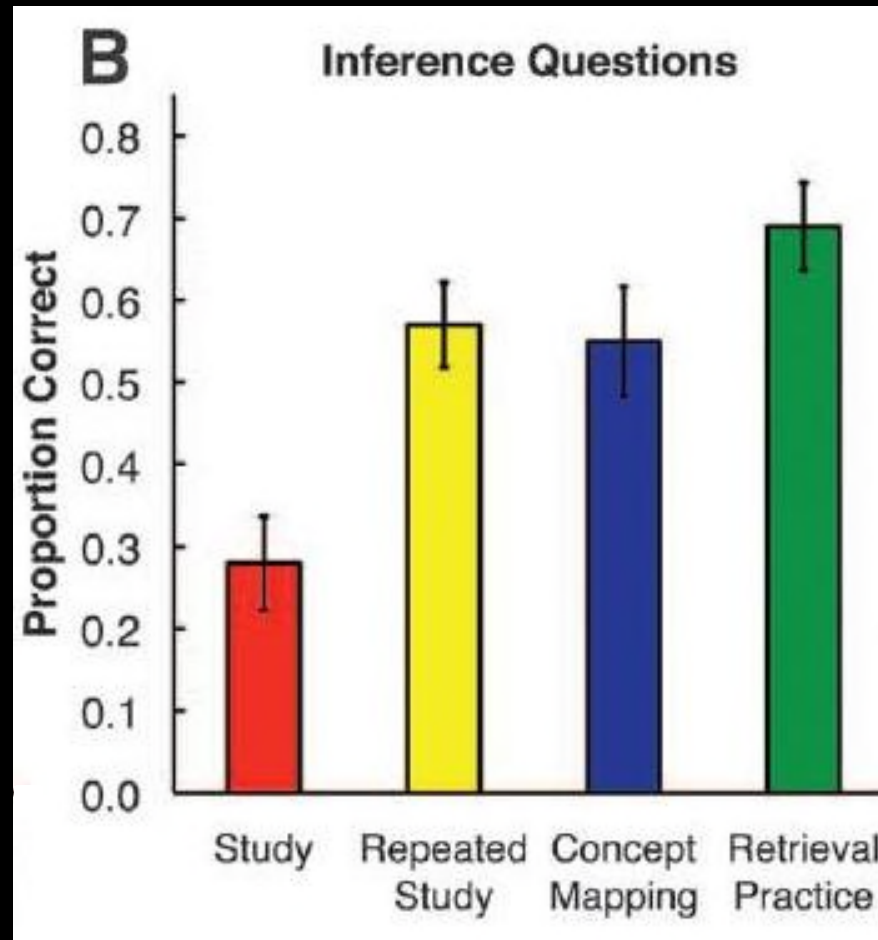
Karpicke & Blunt (2011)

# 5. Quiz Yourself



Karpicke & Blunt (2011)

# 5. Quiz Yourself

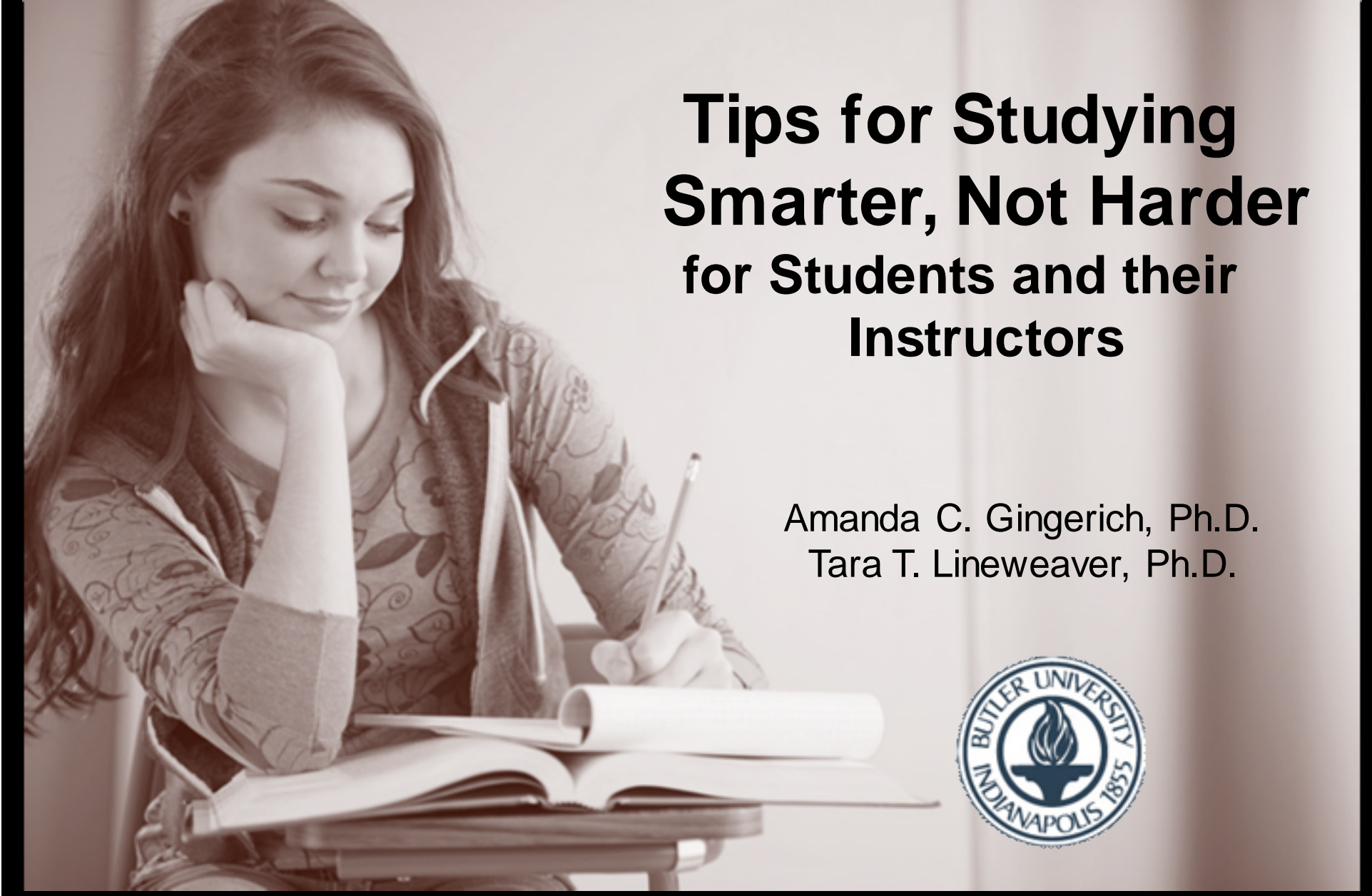


Karpicke & Blunt (2011)



# 6. It Is Never Too Early





# Tips for Studying Smarter, Not Harder for Students and their Instructors

Amanda C. Gingerich, Ph.D.  
Tara T. Lineweaver, Ph.D.



Simpson College  
February 3, 2016