

GET MORE FROM EVERY CLASS

Learning is more than listening and taking notes. Actively engaging with the material during class helps you understand concepts, remember information, and make studying more effective.

Be Present

Set yourself up to focus by arriving on time, silencing notifications, and minimizing distractions. Keeping your attention on the instructor and course material makes it easier to identify the most important ideas.

Listen for Key Ideas

Instead of trying to write everything down, focus on the main concepts, examples, and connections. Pay attention when instructors emphasize information with phrases like, "The key idea is..." or "This is important because..."

Think While You Listen

Ask yourself questions as you learn:

- What is the main point?
- How does this connect to previous material?
- Can I explain this in my own words?

Take Meaningful Notes

Record key ideas, examples, and questions rather than creating a word-for-word transcript. Using your own words helps you process information as you learn.

Reflect Before You Leave

Spend one minute reviewing your notes before class ends.

Try the 3-2-1 Method, write down:

- 3 Key ideas you learned
- 2 Connections to previous material
- 1 Question you still have

