CREATING EFFECTIVE STUDY SESSIONS

The Institute for Learning and Teaching (TILT)
Agenda

➔ Why study groups work
  ➔ How to form a study group
  ➔ Managing the climate of your group
  ➔ Effective study group strategies
  ➔ Campus resources
Science of Collaborative Learning

Learning is inherently social

We all learn in different ways

Learning is an active process

Discussion, debate, and sharing perspectives is more memorable than slideshows
Common Misconceptions About Learning

- Struggling = lack skill
- Learning happens quickly
- Knowledge is simply memorized facts
- You either get it or you don’t
- Women aren’t welcome in STEM fields
What do you like and dislike about study groups?
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Different Kinds of Study Groups

- Informal
- Self-Led
- Facilitated
- Virtual
- Class-Specific
- Required
Overcoming Social Anxiety

Social anxiety, or the fear of being negatively judged by others, employs the body’s biologically hardwired natural defenses.

- Understand what triggers social anxiety
- Face our fears
- Put uncomfortable situations into perspective
- Visualize yourself excelling in social situations
- Create a plan to approach social interaction
- Be mindful of your feelings
Be Proactive!

If you want to be part of a study group odds are you will need to either create one or look for one yourself!
Identify who you want to study with and the reason behind it

- Classmates?
- Friends?
- Strangers/Acquaintances?
- People you share common goals with?
- People that will challenge you and push you to grow?
- People that will bring diverse perspective and knowledge?
- Please you can teach (take on a tutor role).
Forming Virtual Study Groups

● **Use the tools available to you**
  ○ Canvas and Microsoft Teams are amazing

● **How to message your classmates on Canvas**
  ○ From Canvas home page:
    
    Inbox → Compose → Select Course → Select Recipients → Send Message

● **How to form a group in Canvas**
  ○ From class home page:
    
    People → Groups → + Group → Name Group → Select Participants From List
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Inclusive Learning Environment

- Encourage one another.
- It is flexible, friendly & supportive.
- Feels comfortable to take risk & make mistakes.
- Validate others' perspective and experiences.
- It's community learning where all voices are included & balanced.
- Approach learning as a team rather than as individuals.
Everyone Contributes

- Everyone plays a part in making the study group successful.
- Come to session prepared with notes, videos, or exam questions.
- Before a session is over, divide tasks to accomplish for next time
  - Make it reasonable
  - Some days some folks may be very busy so accommodate when needed
- Pick someone to reach out to instructor whenever there is a question no one can answer.
IDEAL STUDY GROUP CLIMATE

ALWAYS STRIVE TO LEARN FROM EACH OTHER

CHALLENGE EACH OTHER

PUSH EACH OTHER TO LEARN BETTER

EVERYONE TAKE PART FACILITATING
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Know Want Learned (K.W.L)

- Helps activate prior knowledge and make connections
  - What I **Know**;
  - What I **Want** to know and
  - What I **Learned**.
- Fill out **Know** and **Want** columns first
- Can be used to help focus the session on most important concepts
- At the end of the session revisit your list and see if you can move things around and finish **Learned** section to mark your progress
3:2:1 / Clearest to muddiest point

- Try to have each person come up with:
  - 3 topics that they know well enough to “teach” to the other students,
  - 2 topics that they do not understand and need further assistance with, and
  - 1 possible test question.

- Use this to inform distribution leaders and roles in other strategies.
Venn Diagram

- Used to visualize relationships between topics
- Create an empty chart and have everyone in the study group contribute to filling it out
- This is a good visual technique for reviewing similar yet contrasting concepts.
Take Turns Facilitating

Techniques

● Create a mini lecture
● Lead a game of Jeopardy and discuss answers
● 90 second recap of what we just learned
● Ask questions and connect information for others

If you can teach something to others you can be confident on a test!
Predict Test Questions

● Create groups of two or three write a test question for a specific topic
  ○ Keep changing topics until all topics have at least one question
● Go through questions as a group and discuss the concepts
● Compile and record all questions for use as a practice test
● Broadens perspectives and allows students to think like the professor
Mistakes are essential learning

- Failure is required to learn so do it before the exam
- Conceptualize “how to do tasks correctly?”
- Focusing on mistakes instead of solutions strengthens damaging neural pathways
- Embrace creative and problem solving skills
- ALLOW YOURSELF TO STRUGGLE
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Can you name different study group or tutoring program(s) on campus you have utilized in the past?
FOR MORE FREE ACADEMIC SUPPORT RESOURCES VISIT

https://tilt.colostate.edu/Learning/Tutoring/FreeAcademicSupport
Thank you