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**Study Skills**

**Getting the Most from Lectures and Readings**

* [Post Lecture Checklist](https://www.lib.sfu.ca/system/files/32439/exam_preparation_through_lectures_and_readings.doc) (Simon Fraser University)
* [Reviewing After Lecture](https://www.lib.sfu.ca/about/branches-depts/slc/learning/exam-prep/reviewing-after-lecture) (Simon Fraser University)
* [Learning by Listening](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_LearningbyListening.pdf) (University of Waterloo)
* [Predicting Test Questions](https://www.lib.sfu.ca/system/files/28965/predicting_test_questions.pdf) (Western Washington University)
* [Develop your Listening Skills](http://www.ccsf.edu/dam/Organizational_Assets/Department/Learning_Assistance_Center/College_Success_PDF/G6-Develop_Your_Listening_Skills.pdf) (City College of San Fransisco)

**Efficient and Effective Study Methods**

* [4 Methods](https://www.lib.sfu.ca/about/branches-depts/slc/learning/exam-prep/efficient-effective-study) (Simon Fraser University)
* [5 Key Exam Prep Strategies](https://www.lib.sfu.ca/about/branches-depts/slc/learning/exam-prep/exam-prep-5-strategies) (Simon Fraser University)
* [Active Learning](http://www.ccsf.edu/dam/Organizational_Assets/Department/Learning_Assistance_Center/College_Success_PDF/G4-Active_Learning.pdf)
* [Understanding Action Words in Exam Questions](https://www.lib.sfu.ca/about/branches-depts/slc/learning/exam-prep/action-words) (Simon Fraser University)
* [Examining Returned Exams Checklist](https://www.lib.sfu.ca/system/files/28965/worksheetforexaminingreturnedtests.pdf) (Simon Fraser University)
* [Scientifically, the Best ways to Prepare for Final Exams](https://blog.suny.edu/2013/12/scientifically-the-best-ways-to-prepare-for-final-exams/) (State University of New York)
* [Studying 101](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_Studying101.pdf) (University of Waterloo)
* [Cramming](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_Cramming_0.pdf) (University of Waterloo)
* [Ten Traps of Studying](http://web.uconn.edu/phys101/study/TenTraps.html) (University of Connecticut)
* [How to Study Effectively](https://www.youtube.com/watch?v=5ad6grll-ak) (Thomas Frank – College Info Geek)
* [Study Less Study Smart](https://www.youtube.com/watch?v=23Xqu0jXlfs) (Thomas Frank (College Info Geek)
* [How to Study Effectively with Flash Cards](https://www.youtube.com/watch?v=mzCEJVtED0U) ( Thomas Frank – College Info Geek)
* [10 Study Tips](https://www.youtube.com/watch?v=jYWfiP7w5w0) (Thomas Frank – College Info Geek)
* [Math Study Skills](https://www.douglascollege.ca/-/media/E6E7D271C9B447109922FD889BDE6F79.ashx?la=en) (Douglas College)
* [Science Study Skills](https://www.douglascollege.ca/-/media/BD5FA33C706441BCA0EC49E63E323F85.ashx?la=en) (Douglas College)
* [Using Mnemonic Devices](https://www.douglascollege.ca/-/media/B32E151CB27845629D256C258BE25473.ashx?la=en) (Douglas College)
* [Deciding What to Study](http://algonquincollege.libguides.com/studyskills/deciding-what-to-study) (Algonquin College)
* Note Taking Strategies

**What else can I do to help my Learning?**

* [How Exercise Boosts your Brainpower](https://www.active.com/fitness/articles/how-exercise-boosts-your-brainpower)
* [All-Nighters Equal Lower Grades](https://www.sciencedaily.com/releases/2007/11/071130162518.htm)
* [Get a Good Night’s Sleep](https://uwaterloo.ca/student-success/sites/ca.student-success/files/uploads/files/TipSheet_SleepWell.pdf) (University of Waterloo)
* [Brain Food](https://www.wgu.edu/blogpost/brain-fuel-5-food-groups-successful-students) (Western Governors University)
* [Study Environment Analysis](https://www.ucc.vt.edu/academic_support/study_skills_information/control_of_study_environment.html) (Virginia Tech)
* [Creating a Good Study Atmosphere](https://www.douglascollege.ca/-/media/7369204B232E4DC58721BD8612A1EC7D.ashx?la=en) (Douglas College)
* [How to Make Studying Fun – Or at Least Less Boring](https://www.youtube.com/watch?v=YitcDk-Wwiw) (Thomas Frank – College Info Geek)

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**Study Groups**

* [Organizing Study Groups](https://gustavus.edu/care/support/groups.php) (Gustavus Adolphus College)
* [Group Process](http://learningcommons.ubc.ca/student-toolkits/working-in-groups/group-process/) (University of British Columbia)
* [Working in Groups](http://www.mtroyal.ca/AcademicSupport/ResourcesServices/StudentLearningServices/StudyingWritingEffectively/group_work.htm) (Mount Royal University)
* [Benefits of Study Groups](https://www.douglascollege.ca/-/media/17393D82F32D43FAA6F6A87ED74CFE5C.ashx?la=en) (Douglas College)

**Guides for University Learning**

* [Learning from Course Outlines](https://www.lib.uoguelph.ca/sites/default/files/university_learning_guide_course_outline.pdf) (University of Guelph)
* [Learning from Lectures](https://www.lib.uoguelph.ca/sites/default/files/university_learning_guide_lectures.pdf) (University of Guelph)
* [Learning from Textbooks](https://www.lib.uoguelph.ca/sites/default/files/university_learning_guide_textbooks.pdf) (University of Guelph)