



# ADULT LEARNERS AND CREATIVE STUDY HABITS



Play **K**

TED<sup>x</sup>

# LETS TALK

- What was 1 insight that surprised you?
- What is 1 key point that resonated with you?
- How do you think this translates into studying as an adult learner?
- How can we create an environment that reduces fear and encourages experimentation?

# HELPFUL STUDY IDEAS



# RETRIEVAL PRACTICE

Put the book away and try to recall what you know:

- Quiz your self
- Explain the concept out loud
- Write what you remember on a blank page

EXTRA IDEA!

As you read a chapter, put yourself in my shoes. What quiz questions would you create if you were me? Would they be multiple choice, short answer, or matching?

# TEACH THE MATERIAL TO SOMEONE ELSE

One of the best ways to learn is to explain the material:

- To a classmate
- To a partner
- To your dog
- To the mirror

EXTRA IDEA!

You are going to have a lot of free time during your labs. This is a prime time to form a study group. Make more than one study group. Mixing it up helps you get information from different points of view. **USE YOUR TIME WISELY!**

# MULTISENSORY LEARNING

Mix different styles to engage more of your brain:

- Draw diagrams: mind mapping!
- Color code notes: This is a great excuse to use all those crazy colored highlighters and sticky notes!
- Make flashcards: If you like technology, Quizlet is a great flashcard program!
- Record yourself explaining concepts: For those of you with long car rides, this is prime time to listen to those recordings.
- Talk it out while walking

Your brain remembers information better when it's experienced in multiple ways.

# USE YOUR RESOURCES!!!!

- Library: Mon. – Thurs 8-6pm, Friday 8-2pm. They have material that has been hand selected by your instructors. It's an untapped resource for many students!!!
- Writing center: [writingcenter@ptc.edu](mailto:writingcenter@ptc.edu) 864-941-8336. Located in the library
- [Student support services](#): Mental health, stress relief, study tips! Contact them for all of these. They hold regular workshops on many different topics. Check it out!
- Professor's Office Hours: GO DIRECTLY TO THE SOURCE!!! We all have posted office hours where we are completely available to talk. Also, if my door is open, I am available.

**WE WANT YOUR SUCCESS AS MUCH AS YOU DO!**