Benefits of improving Information processing:
- Improve your ability to recall information.
- Connect new information with previous knowledge.
- Cut down on time spent studying.

Activity: What is your usual studying process? How do you try to understand information?

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General tips to improve your information processing:

- Strengthen your memory

  a. Review within 24 hours from lecture to relay the information from you short memory to your long-term memory. If you don't rehearse new information while it's still in your short-term memory it will be difficult to remember.

  b. Connect new information to existing information. You can build a concept map in your memory that makes retrieving information faster and easier.

- Become an active participant in class by taking notes in your own words and formulating questions to connect or clarify new ideas.

- Put away distractions when in lecture, when reading or studying. Every distraction reduces learning time by needing to switch back into learning mode. Studies show most individuals cannot multi-task. Each task ends up being completed at a lower performance than if the separate tasks were sequenced.

- While studying, set a timer. Every 50 minutes take a break, so you can feel more refreshed and will be able to better concentrate on what you are doing.

- Highlight important concepts, and spend more time rehearsing those.

How can you improve your information processing?

Knowing the types of learning that works for you matters.

Evaluate: Go to the VARK website (**https://tinyurl.com/kpqoqlo**) and take the questionnaire to identify your preferred learning style. In the table below, write your VARK score in each of the categories.

Type of learner	Explanation	VARK Score
Visual	Prefer to see information and visualize relationships between ideas.	
Auditory	Prefer to hear information rather than reading it or seeing it displayed visually.	
Reading / Writing	Learn best by reading and interacting with the text.	
Kinesthetic	Hands on, experimental learners; they learn best by doing.	

Activity: Based on your preferred learning style, what are some specific techniques you could use to help you learn the material?

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Study Techniques Based on Your Learning Type

Visual
a. Draw concept maps.
b. Underline or highlight your notes.
c. Use different colors to take notes.
d. Rewrite or redraw things from memory.
e. Use flashcards.

Auditory
a. Record your lectures.
b. Read your notes out loud.
c. Study in groups and talk things out.
d. Participate in class discussions.

Reading / Writing
a. Highlight the text.
b. Make an outline.
c. If you own the book, write notes on the text.
d. If you're able, print the PowerPoint slides and write notes on them.

Kinesthetic
a. Make flash cards.
b. Take science classes with labs.
c. Study in short blocks.
d. Study in a group.
e. Create charts and diagrams to help organize information.

Activity: Which techniques from the above table have you used and found to be successful? Which were unsuccessful?

Successful: _____

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Unsuccessful:

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Sac State Can Help!

Academic Advising
Lassen Hall, 1013 | (916) 278-1000
www.csus.edu/acad

Career Center
Lassen Hall, 1013 | (916) 278-6231
www.csus.edu/careercenter

Peer Academic Resource Center (PARC)
Lassen Hall, 2200 | (916) 278-6010
www.csus.edu/parc

Science Educational Equity (SEE)
Sequoia Hall, 320 | (916) 278-6519
https://tinyurl.com/y2tk5e6p

Other Helpful Resources:

How to scan and absorb and process information
tinyurl.com/y9vgjzd

Video: Information processing model - Sensory, working, and long-term memory
tinyurl.com/yavehoc3

Explore and Reflect: Pick at least 2 of the resources and links above and check them out. Write about your reaction and experience with these resources and/or links. Which ones did you find most helpful? Why or why not?

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