What is a good study method? Studying is and remains a personal matter and is therefore different for everyone. But there’s a framework that has proven its effectiveness: **studying active and strategic**. This framework provides you tips and guidelines that consists of three major phases:

1. **Orientation and determining your approach**
2. **Processing**
3. **Repeating and checking**.

Use this framework as a base and refine it further, until you find an effective study method which works for you.

- **Studying ACTIVE**
  - It refers to the student’s active attitude. You approach the subject in an active way by linking it to your prior knowledge and expertise. By studying active you make sure that you understand the study material better, remember it longer and you can see the underlying connections.

- **Studying STRATEGIC and GOAL-ORIENTED**
  - You adjust your study method based on the subject. This means that you take into account the requirements of the teacher, the course material, the exam form,...
Studying active and strategic...

HOW TO DO THAT?

1 ORIENTATION & DETERMINING YOUR APPROACH
- You get a first impression on how the course is structured.
- You get a first sight of the general structure and the material's parts.
- You can make connections with your previous knowledge.
- This information allows you to determine the approach.

2 PROCESSING
- This phase takes the majority of your time, because you actually work on the study material. You have to master the new knowledge, you do this by:
  - **Comprehensive review**: analyze and structure the study material
    Analyze means to split a larger whole into parts in which it is composed. When structuring, look for the basic knowledge and structure. First address to the main issues.
  - **In-depth review**: connect and process the study material
    Here you analyze the subject material on a deeper level, paying attention to the details. You look for connections and integrate everything into the bigger picture.
  - **Comprehension**: Understanding is a must and is an analytical process, which starts from the structure and in-depth understanding of the study material: one leads to the other. The combination of a thorough and deep review leads to understanding.
  - **Memorise**: After a thorough and deep review, you often remember the most important things of the course. However, you will still have to memorize a number of things.

3 REPEATING & CHECKING
- Do you want to memorize and apply acquired knowledge, then it is necessary to repeat it. Repetition consists out of the following three components:
  - **General review**
  - **Recounting**
  - **Checking**

Learn more? Check our Canvas course  ▼ Tel. +32 (0)2 629 23 06  ▼ guidance@vub.be  ▼ follow Study Guidance on wearestudent.vub.be