



**ARC**

ACADEMIC RESOURCE CENTER  
at Harvard University

## Active Studying

**Active study strategies** are ways to engage with your course material that will enhance your memory and understanding of it. Here are some active study strategies:

- Take notes in your own words and rewrite them.
- If your lecture or reading involved any visuals, like graphs or concept maps, try to recreate them on your own.
- Quiz yourself using review questions from your course or ones you devise on your own.
- Try to imagine what kinds of questions might be on the test, and then try to answer them.
- Talk out loud about what you're studying to a peer (or even yourself!) or try to teach someone the concept you're trying to master.
- Make use of peer tutoring, office hours, and review sessions. Come knowing what questions you'd like to ask.
- While you're studying, write down questions that occur to you. Then, quiz yourself on them later.
- Combine notes you've taken across different facets of the course (reading, lecture, etc.) into a single document to help you see the connections clearly.

**Write down three active study strategies you want to try.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_