

REFLECTIVE LEARNERS

Reflective learners best understand concepts by pondering connections, questions, or applications. A reflective learner's phrase is "Let's think it through first" (Felder & Soloman, n.d., p. 1).

Take breaks when you're reading or pause the lecture to reflect on the ideas presented to you. Write down a summary of what you just learned before continuing.

STUDY HABITS OVERVIEW

1. **Intentionally examine concepts** – Reflective learners need to analyze concepts after observing them before they fully understand or apply them. Through introspective thinking, a reflective learner will arrive at the correct conclusion (Felder & Silverman, 1988, p. 677).
2. **Study alone or with a partner** – Since reflective learners need time to think through concepts first, they study most effectively alone or with one study partner.
3. **Record your reflections** – Write down or record important reflections. By tracking your reflections, you can see the progression of your ideas, clarify your thoughts, and be motivated to continue.

BRAINSTORMING: STARBURSTING

The Starbursting method uses the six categories of who, what, when, where, why, and how. You would create and answer questions that begin with these terms. This method gives reflective learners a direction to follow as they think through the concepts.

1. Begin by selecting a topic.
2. Draw a star and list a key term in each point or create a list that begins with these terms.
3. Identify the key questions that you want to ask. Examples:
 - a. **Who** is my intended audience?
 - b. **What** makes this subject important?
 - c. **Where** did a specific event occur?
 - d. **Why** was a study conducted?
 - e. **How** did a historical figure rise to prominence?
4. Reflect on the material and answer the questions.

NOTE-TAKING: WRITE ON THE SLIDES METHOD

As you read the material or listen to the lecture, record your thoughts directly onto the text, whether you have a print or digital copy. If you reflect as you read, you will comprehend the material more and increase your memory of the concepts.

1. Highlight the key terms that you believe would be important for the course.
2. Write the definitions of unknown words in the margins.
3. Take note of your reactions. Place symbols in key areas. For instance, a ? when you don't understand a concept or a ! when you love the scholar's idea.
4. Note when the scholar answers any questions that you have as you read.
5. Record any places that connect with other sources.
6. Lastly, summarize the section or chapter in the space at the end.

TEST-TAKING: LEITNER SYSTEM

The Leitner system increases your retention of course materials by systematically reviewing flashcards. The repetition will increase your understanding and memory of the concepts. Give yourself time to go through this exercise.

1. Create a stack of flashcards that cover the main concepts you need to know for your exam.
2. Gather 3-5 boxes for your study periods, depending on how long you plan to study. Boxes include every day, every other day, once a week, once bi-weekly, and review before the test.
3. All the flashcards begin in the everyday box. Go through all of the cards on the first day.
4. If you get the card correct, place it in box 2 for every other day. If you get it wrong, place it back in the everyday box.
5. Continue repeating this pattern, moving the cards up if you get it correct and back one box if you get it wrong.
6. Review concepts for a set period of time before taking the exam!