Passive vs. Active Studying

Passive	Active
- Disengaged - Studying to study/memorize	
- Only listening to lectures or (re)reading book - Highlighting text and notes extensively on first reading	
- Writing notes word-per-word from lectures and textbook	
- “Plugging and Chugging” - Completing assigned problems using formulas and examples without understanding why	
- Cramming - Not utilizing resources or study groups - "One and done" exam review	

Passive Learning is letting the information pass through your brain: only a fraction of information sticks.

Active Learning is placing information piece-by-piece into brain: maximum sticking of information.

Examples of Active Learning Strategies:

By Ryan Parente & Brandy Espinosa
Revised by Jack Crone
Student Academic Resource Center
Student Learning & Academic Success

Passive vs. Active Studying

Passive	Active
- Disengaged - Studying to study/memorize	- Engaged - Studying to learn/understand
- Only listening to lectures or (re)reading book - Highlighting text and notes extensively on first reading	- Questioning/Self-Testing - Making Connections (Mind-Mapping) - Compare/Contrast - Summarizing - Organizing
- Writing notes word-per-word from lectures and textbook	- Paraphrasing - Creating charts and visuals - Teaching others
- "Plugging and Chugging" - Completing assigned problems using formulas and examples without understanding why	- Completing extra problems for practice - Studying each type of problem and the purpose behind each step for solving
- Cramming - Not utilizing resources or study groups - "One and done" exam review	- Creating a study schedule - Using campus resources - Using repetition and intermittent review

Passive Learning is letting the information pass through your brain: only a fraction of information sticks.

Active Learning is placing information piece-by-piece into brain: maximum sticking of information.

Examples of Active Learning Strategies:

1. Creating your own study guide of material covered on the exam
2. Creating a timeline of historical events and establish cause & effect
3. Comparing and contrasting different developmental theories in a chart
4. Creating a mind map with the three steps of aerobic respiration
5. Creating a formula sheet with examples of problems you can solve with each equation

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