

# Passive vs. Active Studying



<b>Passive</b>	<b>Active</b>
- 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:

- 1.
- 2.
- 3.

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Passive	Active
<ul style="list-style-type: none"> <li>- Disengaged</li> <li>- Studying to study/memorize</li> </ul>	<ul style="list-style-type: none"> <li>- Engaged</li> <li>- Studying to learn/understand</li> </ul>
<ul style="list-style-type: none"> <li>- Only listening to lectures or (re)reading book</li> <li>- Highlighting text and notes extensively on first reading</li> </ul>	<ul style="list-style-type: none"> <li>- Questioning/Self-Testing</li> <li>- Making Connections (Mind-Mapping)</li> <li>- Compare/Contrast</li> <li>- Summarizing</li> <li>- Organizing</li> </ul>
<ul style="list-style-type: none"> <li>- Writing notes word-per-word from lectures and textbook</li> </ul>	<ul style="list-style-type: none"> <li>- Paraphrasing</li> <li>- Creating charts and visuals</li> <li>- Teaching others</li> </ul>
<ul style="list-style-type: none"> <li>- “Plugging and Chugging”</li> <li>- Completing assigned problems using formulas and examples without understanding why</li> </ul>	<ul style="list-style-type: none"> <li>- Completing extra problems for practice</li> <li>- Studying each type of problem and the purpose behind each step for solving</li> </ul>
<ul style="list-style-type: none"> <li>- Cramming</li> <li>- Not utilizing resources or study groups</li> <li>- "One and done" exam review</li> </ul>	<ul style="list-style-type: none"> <li>- Creating a study schedule</li> <li>- Using campus resources</li> <li>- Using repetition and intermittent review</li> </ul>

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**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