Study Habits

Strategy for Success
Note-taking

• Great study habits start with great notes
• This requires time outside of class
  – Your notes are a “living document”
  – They are your personal record for learning
• Notes must be organized
• They must be able to grow and change
What good notes “look like”…

• Each person is unique
• The important part is that you can accurately and easily retrieve and come to know (learn) information from class from your notes

• A consistent theme is the notion of “chunks”
  – Lectures are broken into sections; it is your job to recognize and learn those chunks
Some notes from the worst class I ever took...

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**Chunk 1**

- Procedure of obtaining the structure among a set of variables (data reduction) - confirmed (most frequent purpose of it)
- Confirming Fh - testing hypotheses as to which variables group together based on theoretical assumptions or prior research
- The assessment of the degree to which the data meet the expected structure of the analysis

**Common PA** - this model is used primarily to identify underlying factors or dimensions not easily recognized

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**Chunk 2**

- Factor Extraction:
- Orthogonal - solution in which the factors are extracted in such a way that the factors are uncorrelated so degrees of freedom that each factor is independent of all other factors

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**Types of Variance**

- Common: variance in the overlap of all other variables in the analysis
- Specific: variance associated only with a specific variable
- Error: variance due to unavailability in the data gathering process

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- Extraction: a technique used to extract factors
  - Varimax: ensures a normal distribution
  - Oblimin: allows correlations between factors

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**Common FA** - a result of factor analysis in which factors are rotated to maximize the communality
The half-page technique

• Takes notes on only the top half of a page in class

• Leave the bottom half for “additional thoughts” later in the day (on your own)
  – This promotes thinking about the material on your own, later
  – Thinking is essential for learning
The page-insert technique

• Similar to the half-page technique
• Instead insert one blanks page after class and use it for discussion of the previous, in-class note page
• Again promotes “additional thoughts” on the course material outside of class
The back-of-page technique

- Leave the back of each page blank
- Use it to address additional thoughts later
My preference

• The half page is the best one, because you keep information organized on the same page

• You can always add a blank page if you need more space

• Always, use a different color for notes you write outside of class

• Also, it is a good practice to use a highlighter on your class notes after class

• Derive any flash cards from your recopying process
The benefits of recopying your notes

• You better familiarize yourself with the material
• You are prepared for the next class
  – You are able to ingest what comes next
• If you are confused, you know it sooner than later
• You start to develop interest in the material involuntarily
  – Dr. McGregor example
• If you missed something (a gap in your notes), you know it
  – You can ask another student to help you fill in the gap
• Review becomes review
The #1 Benefit

• The course material becomes yours
• You actually earn your grade

• Otherwise, you see yourself as powerless and you grade is something you “get” from me