



# STUDYING WITH NOTE CARDS

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Whatever your learning style is, you will benefit from using note cards. A visual learner can see the information; the auditory learner can hear the information while verbalizing it. And the kinesthetic/tactile learner can write the information down and move the cards into various patterns while studying.

## Advantages:

- Easy to carry
- Small and convenient
- Good for quick reviews
- You can take them anywhere
- More durable than a textbook
- Multiple ways to use

## Reasons to Use:

- Become an active learner
- Can identify significant facts
- Can identify crucial definitions
- Predict test questions
- Forces you to think
- Indicates areas of needed study

## How to Create:

*It is a simple process; however, deciding what to write on them is the demanding part. Use the card that is blank on one side and lined on the reverse (3x5, 4x6, or 5x8).*

REVIEW your notes and readings frequently, so the material is “fresh”

GENERATE and write down questions about the material as you’re reading your text or while reviewing your notes

KEEP track of terms you don’t know

WRITE each question, term, main idea, or topic on the blank side of a note card

WRITE each answer, definition, supporting details, facts, or an explanation on the lined side of the note card

## How to Use:

*To allow for a more thorough processing of the information and to allow you to respond to a variety of prompts or test questions:*

- 1) First time, look at the word first; try to remember the definition.
- 2) Second time, look at the definition; try to remember the term.
- 3) Shuffle frequently; continue to alter looking at the front or back.
- 4) Divide the stack into two piles as you work; one stack for the ones you know, and the second, for the ones on which you need additional study.

**TIPS:**

- Carry your note cards with you everywhere. You will have them for any small pocket of “found” time.
- If you think you know the answer, but can’t put it in words, don’t put it in the “finished” pile. You still need to work on it. Being able to explain the information is the only way to be sure that you know it. It’s also the best way to prevent TEST ANXIETY.
- Consider testing yourself someplace where nobody can see or hear you so you can recite the answers out loud. By using your auditory and visual senses, it will help put the information deeper into your memory.
- Study with a friend from class. You can share ideas and help each other with concepts. You can check each other for accuracy. And, you can trade your cards for a while.
- Have a family member or friend quiz you.

**EXAMPLES:**

Some main ideas related to **CIRCULATORY SYSTEM** are:

heart                  veins                  blood  
arteries capillaries                  circulation  
platelets

Each time you touch this card, say a word and try to visually remember the definition. Visualize the components. Practice vocalizing the definition.

Heart

Blood                  Platelets

Circulation

Arteries                  Veins

Capillaries

Develop a story about what the words represent. In this set up, the story might read, “The heart pumps the blood and platelets and circulates them through the arteries, capillaries, and veins.

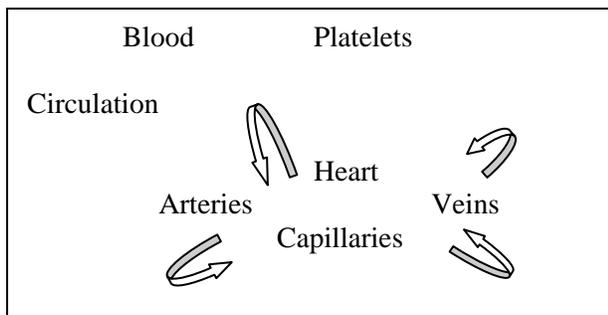
Blood                  Platelets

Circulation

Arteries                  Veins

Heart

Capillaries



This card allows you to use blood and platelets as the primary focus and may be read as: “Blood and platelets are circulated by the heart through the arteries to the capillaries to the veins and back to the heart.”