7 Habits of Highly Engaged Learners

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Habit 1: Be Proactive!
- Get to know your professor—go to their office hours, build a relationship and a rapport.
- Develop a study plan to make reading, reviewing, and studying a part of each day.
- Register for a tutor, Success Coach, or join a study group at TASC.

Habit 2: Get it Together!
- Keep an organized study place that is free of clutter and distractions.
- Maintain a separate binder/notebook for each course—divide binder into sections: syllabus, lecture notes, book notes, graded assignments, etc.
- Combine all upcoming tests and assignments onto a monthly calendar; use each syllabus to compile the information and highlight the test days.

Habit 3: Make Your Notes Count!
- Learn and apply the Cornell Note-Taking strategy. Meet with a success coach to learn the strategy and undergo an extreme notes makeover.
- Put notes in your own words by paraphrasing and summarizing; use colors and symbols (?, !, *) to help make connections and grab your attention.
- Review and enhance notes right away while the information is still fresh in your mind. Take notes to the next level by using the Fold-Out strategy, "mapping," creating concept cards, etc.

Habit 4: Be in the NOW!
- Sit in the front of the class in order to stay focused and more engaged.
- Texting, napping, and other distractions defeat the purpose of attending the class.
- Don't put off reading or studying for another day. The only time is now.

Habit 5: Know Thyself
- Set realistic goals. Are you really going to catch up on reading on a Friday night?
- Post your goals where you can see them and make them a part of your thinking.
- Meet with a success coach to take learning styles inventories and discover strategies that work for you.

Habit 6: Be an Active Reader
- When reading have two tools in hand...a highlighter and a pen. If you highlight something, why did you highlight it? Annotate in the text or add the information to lecture notes.
- Use different reading speeds...you can quickly skim chapter outlines, main headings, sub-headings, graphs, charts, etc. but slow down when you get to any bold words or words in italics.
- Monitor your comprehension by asking, "What did I just read?" and "Why is this important?" If you catch yourself getting lost, try rereading and turning into key words.

Habit 7: Study Like You Mean It
- The library is the perfect place to study and will help you to escape distractions at home or in the dorm. Try it and you will be surprised at the results.
- Don't make study guides/strategies the night before the test...making them in advance gives you time to USE the tools you have created.
- Study with a classmate, register for a tutor or join study group. According to Dale's Cone of learning, we generally remember only 10% of what we read and 20% of what we hear, but we remember about 90% of what we say and do.