My Academic Skills Plan for Rehearsing and Memorizing Study Materials

**DIRECTIONS:** In this activity, you’ll use the Wise Choice Process to design a personal academic skills plan to improve your ability to **Rehearse** study materials. Following are the six steps for completing your two-page Academic Skills Plan found on pages 232–233. To see examples of how to complete each of the steps, refer to the Sample Academic Skills Plans for **Rehearsing** Study Materials on pages 230–231. The goals of this Academic Skills Plan are that you 1) master four new study skills, 2) increase learning in your present courses, and 3) earn higher grades.

**Step 1** What is my present situation?

On a blank Academic Skills Plan (page 232), write one of the “Challenges with **Rehearsing** Study Materials” that you circled on pages 220–221, including its number. Write a different challenge on the second blank Academic Skills Plan (page 233). Explaining your challenges in detail will help you choose the best strategies to address them. See examples of how to do this step on pages 230–231. For additional blank Academic Skills Plans online go to www.cengagebrain.com to access the College Success CourseMate for **On Course**.

**Step 2** How would I like my situation to be?

In Step 1, you identified two challenges you are having with **Rehearsing** study materials. Now shift your focus from these challenges to how you would prefer your situation to be. **On your Academic Skills Plan, write your goals for **Rehearsing** study materials.** State them in the present tense as if they already exist (e.g., I understand … rather than I will understand … or … I enjoy … rather than I will enjoy …). See examples on pages 230–231.

**Step 3** What are my possible choices?

Review strategies for **Rehearsing** study materials on pages 222–228. Choose two strategies you think will help with your first challenge and two strategies to help with your second challenge. **Write these strategies (including their numbers) on your Academic Skills plan, two on each page.** See examples on pages 230–231.

**Step 4** What’s the likely outcome of each possible choice?

Picture yourself actually doing each of the four strategies you chose in Step 3. **Write on your Academic Skills Plan what you think would be the likely outcomes and experiences of doing each strategy, both positive and negative.** If the negatives outweigh the positives, choose a different strategy. See examples on pages 230–231.

**Step 5** Which choice(s) will I commit to doing?

It’s now time to finalize your personal Academic Skills Plan for **Rehearsing** Study Materials. **Write four specific actions that you commit to doing, two for each challenge.** See examples on pages 230–231.

**Step 6** When and how will I evaluate my Academic Skills Plan for Rehearsing and Memorizing Study Materials?

Choose a future date to evaluate your plan. At that time, you’ll compare your situation then with how you said you would like it to be in Step 2. If at that future time you have achieved your goals, consider your plan a success. If your results in the future fall short of your goals, then the plan needs revising. Make your goals as specific as possible. Because some goals are inherently general and difficult to measure (e.g., I enjoy rehearsing study materials), it helps if you create a scale (e.g., 1–10) on which to assess these general goals. **Write your criteria for deciding whether or not your Academic Skills Plan for **Rehearsing** Study Skills is a success.** See examples on pages 230–231.
Challenge 6. In high school I could cram the night before a test and get good grades, but that isn’t working in college.

I learn new ways of studying that work better for me in college, I feel like I am really learning a lot, and my grades improve.

Step 3
What are my possible choices? (See pages 222–228 for a list of strategies.)

Strategy 13: Study with flashcards.

Carrying flashcards with me would let me study at times I’d otherwise waste. It would also help me distribute my studying over more time, which should improve my learning.

Strategy 23: Teach what you learn.

I would have to understand something to teach it, so this strategy should help me learn better and remember it longer.

Step 5
Which choice(s) will I commit to doing? (Write the specific actions you will take.)

I will make 10 flashcards a week for each course. I will carry the flashcards with me and go through all cards at least once per week.

I will propose to my study group in History class that we take turns teaching what we’ve learned.

Step 6
When and how will I evaluate my plan for rehearsing and memorizing?

When: At midterm:
How: • On a scale of 1–10 (10 = learning a lot), I assess my learning in each class as at least a 7. Presently, my scores would range from 2–4.
• My weekly quiz scores in my Intro to Computers class (where we have to memorize lots of new terms) are 90 or above.
• I earn at least a B on my next history test.
Sample Academic Skills Plan for Rehearsing and Memorizing Study Materials

Step 1
What's my present situation? (See pages 220–221 for a list of common problems.)

Challenge 10. I have a poor memory.

Step 2
How would I like my situation to be? (Remember to use present tense.)

I remember facts and detail when I take tests.

Step 3
What are my possible choices? (See pages 222–228 for a list of strategies.)


I think acronyms will help me a lot to remember key terms in a course. I've never tried this before.


This is another thing we could do in our History study group that would help us anticipate the instructor's questions and practice answering them.

Step 4
What's the likely outcome of each possible choice?

I will create at least one acronym per week for each course, put them on flashcards, and study them regularly.

After I teach something to my study group members, I'll give them a quiz. I'll ask that they also give a quiz after they teach.

Step 5
Which choice(s) will I commit to doing? (Write the specific actions you will take.)

When: At midterm.

How:
• On a scale of 1–10 (10 = learning a lot), I assess my learning in each class as at least a 7. Presently, my scores would range from 2–4.
• I have at least a B average in psychology, preferably an A.
• I earn at least a B on my next history test.
Step 1
What's my present situation?
(See pages 220–221 for a list of common problems.)

Step 2
How would I like my situation to be? (Remember to use present tense.)

Step 3
What are my possible choices?
(See pages 222–228 for a list of strategies.)

Step 4
What's the likely outcome of each possible choice?

Step 5
Which choice(s) will I commit to doing? (Write the specific actions you will take.)

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When and how will I evaluate my plan for rehearsing and memorizing?

When:
How:
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**When:**

**How:**