

## Differences Between Studying and Learning

Studying	Learning
Studying is memorizing information.	Learning is when I understand it and can apply it.
Studying is short term.	Learning is long term.
Studying is like being force-fed a plate of gruel	Learning is like being set in front of a gourmet table where you get to choose the delicacies you want to eat.
Studying is focused on the “whats”	Learning is focused on the “hows”, “whys,” and “what ifs.”
<b>KEY: Learning It Well Enough to Teach It</b>	

### 10 Metacognition Strategies to Optimize Your Academic Performance

1. Previewing
2. Preparing for active reading
3. Paraphrasing
4. Reading actively
5. Using the textbook even if it is not required
6. Going to class and taking notes by hand
7. Doing homework without using solved examples as a guide
8. Teaching material to a real or imagined audience
9. Working in pairs or groups
10. Creating practice exams.