

Studying In Groups

The Perks of Studying Together

Improved Learning and Understanding

- Hearing others use different examples and ways they've learned the content
- Teaching content to others is a proven learning strategy

Increased Motivation and Accountability

- Positive pressure to stay on track
- More likely to engage in material if others are present

New Ways to Solve Problems

- Exposure to different ways of thinking
- Ability to tackle tasks more effectively than going it alone

Sense of Belonging

- Peer support can reduce test anxiety and improve confidence

How to Create an Effective Study Group

1. Find peers in your class that are interested in studying together
2. Determine the number of people for your study group (aim for 3-5 to stay productive)
3. Outline the group objectives (focusing on a few key goals is important to keep the group functioning)
4. Set specific expectations and structure (we'll all read chapter 3, we'll meet for 90 minutes to discuss and answer questions)
5. Plan activities in advance (Kahoot, debate, note share, quiz)
6. Stay productive (stick to your goals, make an agenda to stay on track)

Common Group Study Pitfalls and How to Respond

Pitfall	How to respond
The group is off topic	Assign a timekeeper or set a timer to remind you to get back on track. Take breaks so you're more likely to stay focused.
Uneven participation by group members	Assign roles and rotate who leads the discussions or use the teach back method to take turns explaining concepts
Different levels of preparedness	Set expectations ahead of time and share the preparation work before the group starts
Scheduling conflicts	Use scheduling tools like doodle or outlook calendar