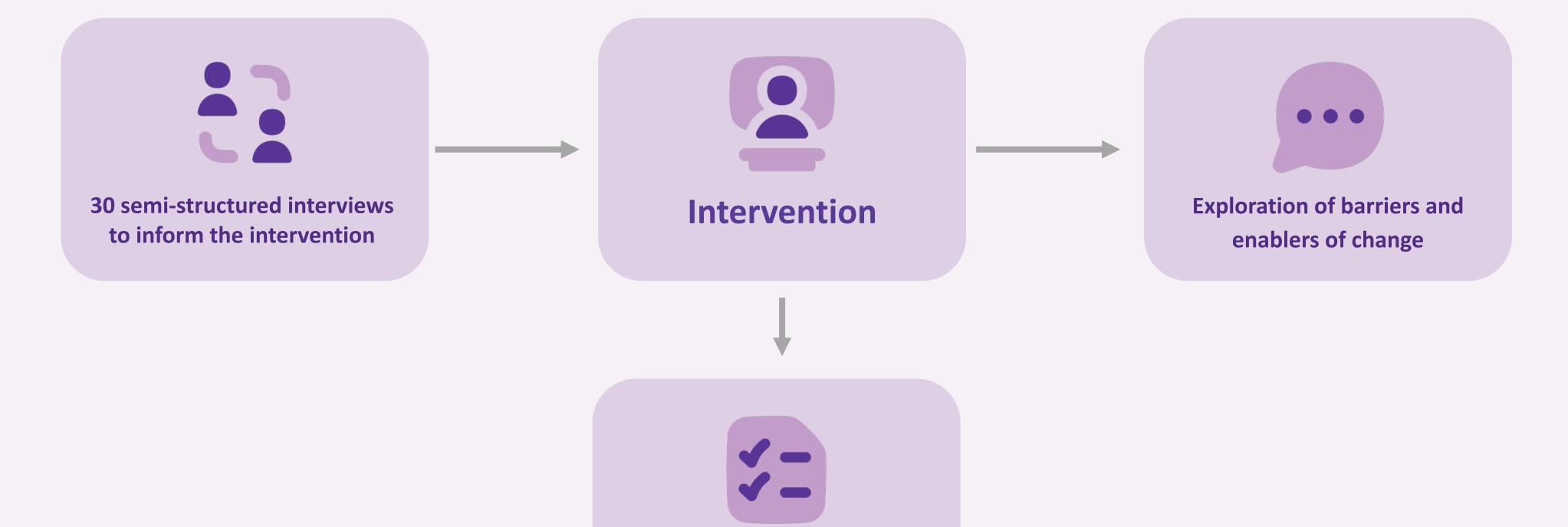
Understanding and supporting university students' use of study strategies

University students overuse ineffective study strategies Reread 5% Mark (Highlighting etc) 44% Practice problems & questions 40% 26% Cramming Studying over a Rewrite notes 36% couple of sessions Flashcards before a test 40% Spread study 32% Studying over multiple Make outlines or review sheets 31% days/weeks Self-testing 27% Study with friends 25% 31% Heavy Draw (Diagrams, charts, picture) cramming 15% Studying only once Summarise 8% before the test Ask questions or verbally particpate... 7% Other 3% Restudy/repetion/memorise 1%

Study strategies university students report regularly using (12 studies, N = 4657)

Study scheduling university students report (7 studies, N = 2735)

Our mixed methods intervention, aimed at understanding and supporting strategy use



Students' perceptions of intervention captured



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