

Study Groups

Study groups have been proven to be very successful in helping students perform better in their courses. Effective group learning can increase motivation, confidence, and strengthen connections among your peers. The ability to work as part of a team is a highly desirable trait in the workforce. This experience can be rewarding, but not without small struggles.

Active Learning

You are processing information with others, focusing on the task at hand and you have more opportunities to use more senses. The process of asking the "What if...?", "Why...?" and "How...?" questions and seeking to answer these together challenges you to study at higher levels.

Commitment

Having a regular meeting time at a regular location with people who are expecting you provides you incentive to stay on top of the material.

Increased pathways to learning

Studying in groups offers more opportunities for new insights and conclusions about the subject area. You benefit from the ideas and questions of others to add to your own.

Emotional/Psychological support

The group process allows you to see that you are not alone in a difficult area of study. It is affirming when you can share something that you know with someone else.

Monitoring

The views of others will present different ways of processing material and predicting the examination questions. When you have only your own views you might miss studying a view that is perceived by another.

Also consider working with Peer Tutors and Peer Academic Coaches