

AGILE

Become an AGILE Graduate Student!

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USM graduate students are also...

- Employees
- Partners
- Parents
- Caretakers
- Athletes
- Performers
- Artists
- Student leaders



Your Time is Valuable!

Have you:

- Found there never seems to be enough time?
- Ever finished reading a chapter or article and said, “I have no idea what I just read!”?
- Walked into an exam feeling prepared, and realized you were not?

Becoming AGILE

By the end of our time together, you will know how to:

- Avoid these “Oh, crap!” moments
- Get more out of your time and effort
- Become an AGILE learner

Academic
Gains
through
Improved
Learning
Effectiveness

AGILE strategies will help you...

- Interrupt the forgetting process
- Make connections between concepts
- “Make it stick”
- Test your understanding
- Increase performance and satisfaction

It all starts with channeling our attention.

How the Brain Works



- The brain is *designed* to learn
- Our *attention* determines what “gets into” the brain
- The brain manages *only one* cognitive task at a time

Applying Your Attention

- Reading actively
- Taking effective notes
- Preparing for exams
- Self-testing

AGILE 

Reading Actively

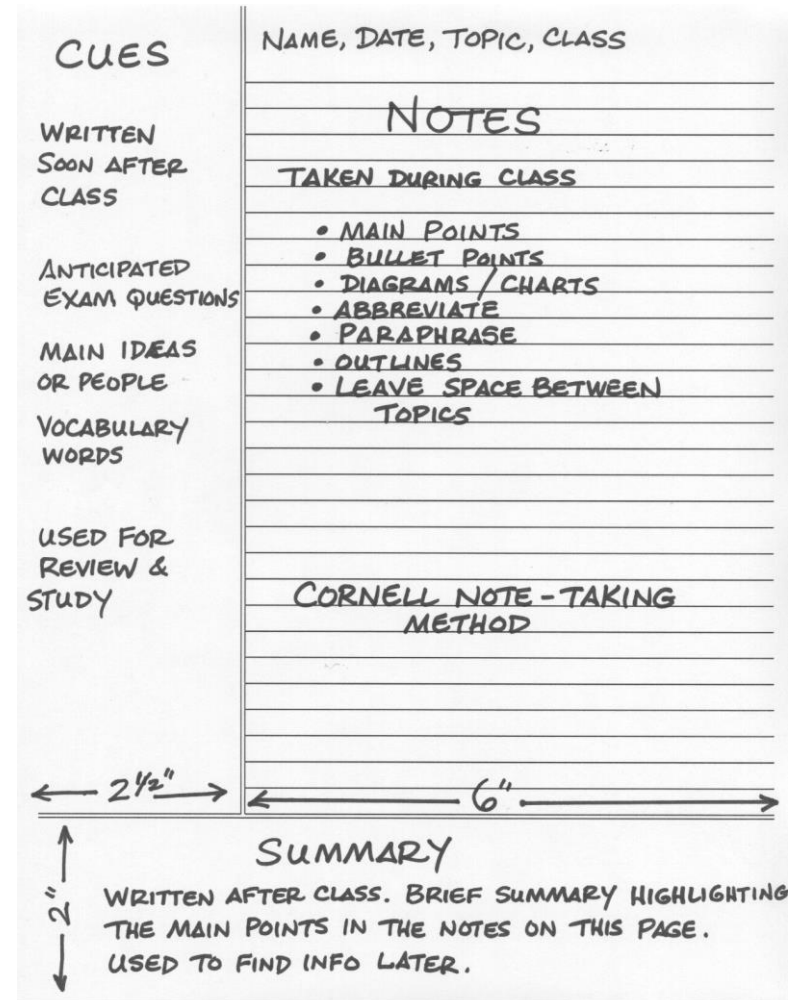
1. Preview the headings
2. Ask 3-4 questions based on the headings
3. Read a paragraph – listen for cues, and write down key words
4. Stop - summarize what you read
5. Repeat 3 and 4 until you have finished the assigned reading
6. Go back and work the examples

**** Ask yourself, why, how and what if questions while reading.***

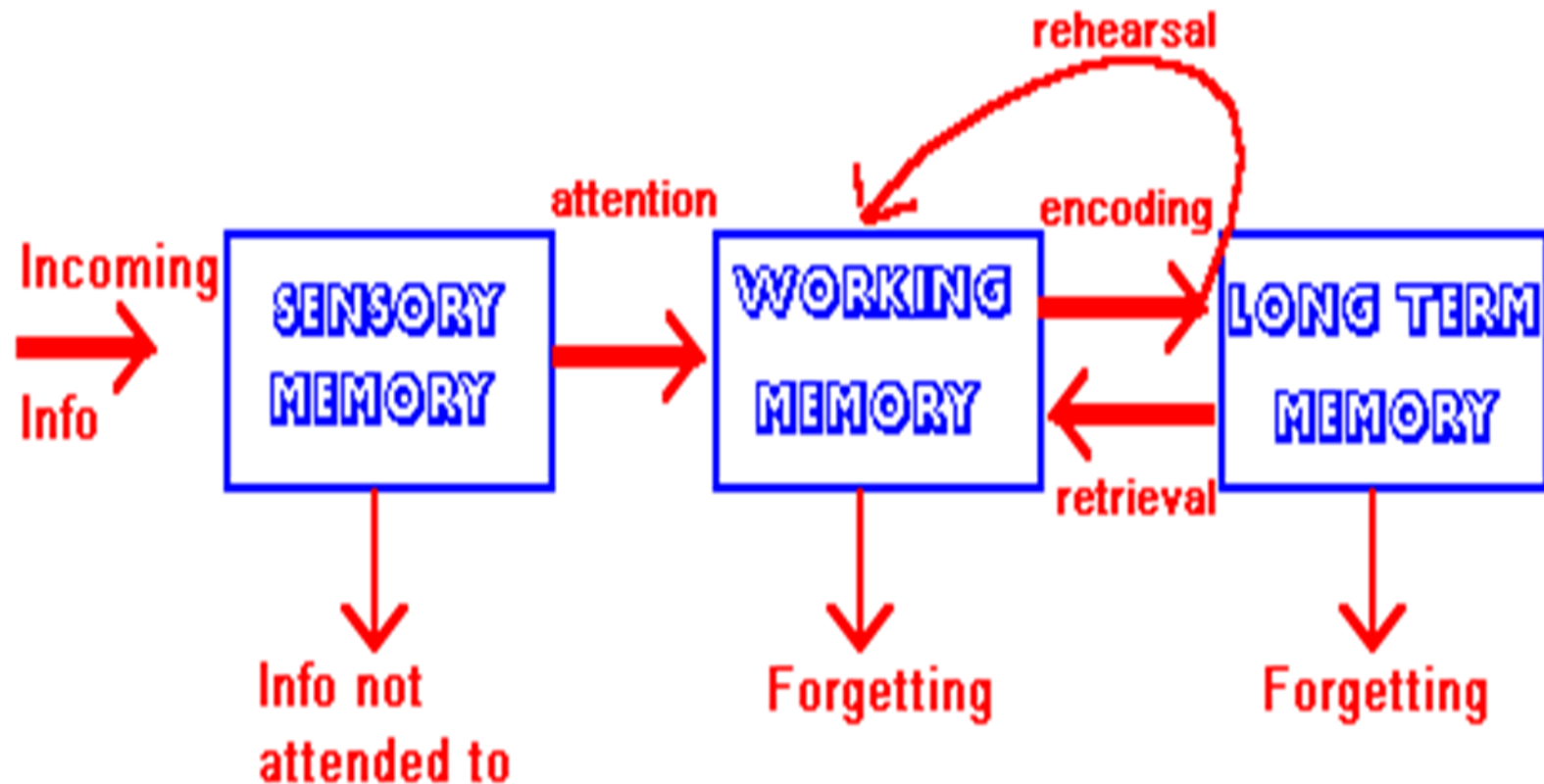
Active Note Taking

Consider the Cornell approach:

- Similar attention to cues as while reading
- Take time to summarize
- Interrupt the forgetting



Attention, Making Connections, and Practice



WHEN to Practice

“I’ll do my studying on Sunday.”

NOPE.

Massed practice feels more productive

- “Now that I’ve studied for 4 hours, I’m all set.”
- THE BRAIN’S RESPONSE three days later: “I haven’t gone back to this information, so it must not be important.”

Spaced practice feels harder because of the initial forgetting and may seem repetitive

- We forget **less** with each “swipe”.
- The active practice involves effort.
- The effort results in the learning (like building muscle or endurance)!

HOW to Practice

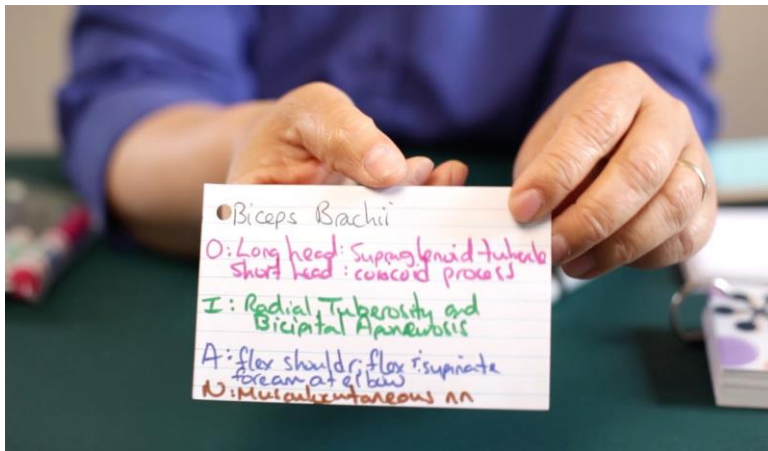
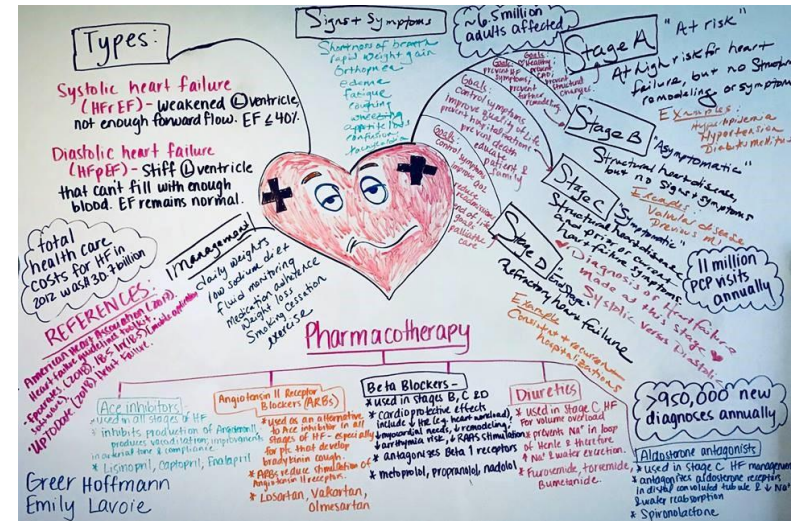
Get beyond the
“I think I know it”

Self-test to
PROVE you
know it

Ways to self-test and
make your effort count:

- Explain concepts to others
- Use flashcards actively
- Create a mind map
- Work with a Graduate Writing Assistant

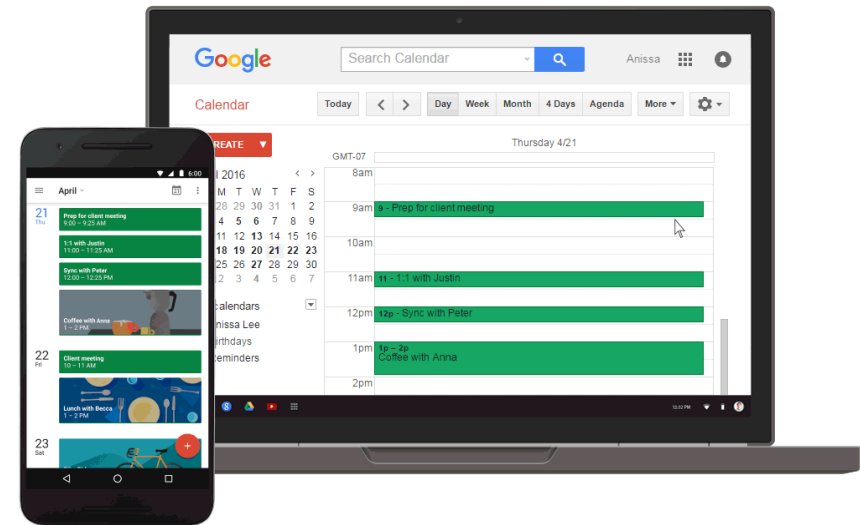
HOW to Practice: Self-Testing



Planning Ahead

Being AGILE includes managing your time

- Map out enough available time “slots”
- Review your syllabi
- Plug in a *specific* academic task for each slot
- Consider using your maine.edu Google calendar



Create a Foundation of Self-Care

- Identify your “big rocks”
- Preserve sleep time
- Create sustainable routines
- Make peer connections in your program
- Talk with your partner, family, friends, and colleagues about your new status



Bringing It All Together

- Your time is important
- AGILE strategies will save time and increase performance
- Practice these new habits right out of the starting gate to make it your “new normal”

AGILE 

To Learn More

www.usm.maine.edu/AGILE

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