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
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”
To Learn More

www.usm.maine.edu/AGILE

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