Creating an Active and Efficient Study Group

**Tips for an Active Study Group**

- **Establish Responsibilities for Each Group Member**: Each person is responsible for a specific task/topic. Make sure it is clear who is responsible for what.

- **Set Clear Objectives and Goals for the Session**: At the beginning of each meeting make clear goals of what you want to get done and how you’re going to do it.

- **Volunteer for Roles that Stretch You**: Sign up to lead the discussion or make practice questions for the topic you are least comfortable with. This will allow you to gain the most from the experience.

- **Come Prepared**: Be sure to complete all your assignments, go over your notes, and write down any questions you have before attending your study group.

- **Set Rules**: Know what you want to accomplish this semester and what it will take to get there. Decide at your first meeting what is expected of each member and what will happen if members aren’t pulling their weight.

- **Stay On Topic**: Schedule breaks into each session. Assign one person to be in charge of telling the group when break-time starts and finishes. Treat each meeting as a "business meeting" - you are there to work and learn.

- **Talk to Your Group about Staying Positive**: It’s important for you and your group to discuss the need to keep meetings positive. Remind each other that you are there to learn.

**Create by Joey Faria (Learning Resources Intern), Isabella Scurfield (Learning Resources Intern) & Patricia Diaz del Castillo (Learning Resources Advisor)
Office for Students with Disabilities, McGill University (2016)**
Benefits of Joining a Study Group

- Studies show that students who study in groups often have the highest grades and the least amount of academic problems (Gardner & Barefoot, 2012)
- You always have someone to turn to when something is unclear, you miss a class or need help studying
- Study group members are there to help give you feedback on your comprehension

Choosing Group Members

- 3-4 people max (if more people want to join, make two study groups!)
- Do not choose study group members based on friendship
- Choose members who have a variety of strengths and weaknesses: maybe you take good notes and another member asks important questions. Try to balance each other out.
- Ask your professor, TA, and/or advisors to help you find students who might be interested

How to Stay in Contact

- As a group decide what the best way is to contact each other. You may choose to contact each other by:
  - Email
  - Social media (Facebook group)
  - Text message
- Whatever method you choose be sure it is one members will check regularly to ensure you are all up-to-date and on the same page.

References:


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