

How to get the most out of lectures



Lectures can be challenging .

They are usually fast paced and packed full of information. It can be difficult to discern what is important.

In order to get the most out of your lectures, you should prepare for them.

Here are some general tips to get the most out of your lectures:

- x Avoid going out late or drinking the night before, especially for early 9am lectures!

- x Try to be well rested, aim for about 7-8 hours of sleep.
- x Be on time . Know where the lecture is being held and set aside enough time to get there.
- x Sit where you are most comfortable. If you are using any assistive technology it might help to sit nearer the front.
- x Have everything you need: pens, paper, assistive technology etc.
- x Try not to use laptops, tablets or phones during a lecture. There is evidence that suggests that laptop use in lectures has a negative impact on a student's learning.

Getting the most out of your lectures can be further broken down into a three step process:

1. Prepare
2. Participate
3. Review & Revise

1. Prepare

- x Check Blackboard regularly for lecture slides, messages from lecturers or class handouts. Knowing the content and structure of the lecture will help you plan and make notes.
- x Some people find it helpful to print off the lecture slides in advance, and make notes on them.
- x Get familiar with the content. Think about the lecture title, what is the subject of the lecture? Do a little bit of reading on the subject. The module's reading list will direct you towards appropriate information. For more information, go to the reading list section.
- x Go to the toilet beforehand, there is nothing more distracting than needing the loo during a lecture.

2. Participate

- x Be on time, get the best seat that considers your needs and use of assistive technology.
- x If you are going to get distracted by your phone, laptop or tablet, put them away.

- x If a friend or neighbour regularly distracts you, sit somewhere else or with someone in between.
- x Take part in lectures. If you are uncertain about something, ask, you may not be the only one. If the lecturer asks a question, answer it, it does not matter if you are wrong.
- x If you fidget, try squeezing a bit of “blu -tack”
- x If you lose concentration, try chewing some gum.
- x Make notes. If you miss / don't understand something, leave a gap and carry on. Make a note of which slide you were on, or the subject matter you had to skip.
- x Check out Guide 2 – How to take notes for tips and strategies on how to make the best notes for you.



- f. Set yourself tasks or exercises such as making an academic poster on a lecture or module, creating online multiple choice questionnaires or answering short essay questions.
- g. When it comes to regular revision and pre-exam revision, sit in a similar environment to the one you will be conducting your exam in. So no music, in a quiet room, sat at a desk.
- h. If you are stuck or do not understand something, get in touch with the lecturer, they will be more than happy to help.

