**Putting the Principles for Optimizing Learning into Practice**

In Dr. Chew’s fourth video, about “putting principles for optimizing learning into practice” hits on 3 studying tips for deep understanding of topics at hand. The first being that while reading a student should generate questions. These questions should be focused on analyzing and comparing and contrasting information. The second tip is to make a concepts map. This does not have to be picture perfect because simply writing it down helps a student to deeper comprehend the information at hand. The last tip has two parts, practice retrieving information without notes and practice using information in an appropriate manner. Students should try and retrieve information without using notes and should practice using the information in multiple choice, short answer, and essay situations. Dr. Chew also talks about taking notes. He suggests that we take notes by hand in order to avoid copying an entire lecture and getting off topic via the internet. Students should write key concepts that have thought put into them rather than writing every word of the presentation. Dr. Chew also suggests that copying a classmate's notes is less effective than coming to class and taking them yourself. When reading, Dr. Chew suggests that highlighting can be effective, if done the correct the way. This means only highlighting key concepts and rereading the material multiple times. The last point he made was about group studying. There are five rules to group studying, they are as followed:

1. Set a goal and agenda
2. Set a criteria for participation
3. Keep the goal of learning on your mind
4. Everyone should ask and answer questions
5. Any members can express the group understanding

From this video I was able to learn that I need to remember to always dive deeper into the large concepts of a chapter or certain material. In order to comprehend materials on a deeper level I should ask myself questions about what I am studying, make concept maps and charts, and practice retrieving the information without notes. I also learned that many teens believe that group studying is a great idea, however this is only true if done in an appropriate way. I also learned that when I am reading I should only highlight key concepts.

After listening and analyzing what Dr. Chew had to say I now can apply what I have learned to my current study techniques. I will continue to make charts and concept maps in order to deepen my understanding of certain topics. I will also only highlight key concepts while reading. I currently take notes by hand and will continue to in order to only write key concepts down. Last but not least I will be sure to study with friends in an appropriate manner by keeping the task on hand present at all times.