

## DIGITAL STUDY MATERIALS

Sometimes (parts of your) study materials consist of digital learning materials. These could be: videos, digital learning paths (Softchalk...), computer modules etc.

For this type of materials as well you can actively progress via the different steps in the learning process:

### 1. Exploring

Find an answer to these 2 questions:

- How much **time** do I need to work my way through the entire module?
- What are the **objectives** and what is the basis content of this module/this course?

### 2. Structuring

Do you have a clear **structure** (table of contents) of this digital module? If not, create an overview that clarifies the structure for you.

Do you also have a paper course book? Put the table of contents of your digital module next to the content overview of the book. Are they the same? What are the differences?

Try to create 1 structure (on paper) that will help create your further schemes. If the differences are substantial, check where you have similarities.

### 3. Schematising

Start from the **learning objectives**: what should you know and what should you be able to do? Create a scheme (E.g. per subpart of the digital module) in which you note down **key words**.

Do you need to consult **extra resources** (e.g. video, web page, document)? Use the same procedure and note down key words in you scheme. Is there an important part of a video that you would like to watch again? Note down the minutes and seconds to start the video at, next to the key word in you scheme.

### 4. Memorising

Continue studying by means of your scheme and the module.

**Mind:** research shows that fewer details will be remembered when your memorise directly from the screen as compared to from your notes. Take the time for thorough study.

### **Test yourself:**

- Using the test questions in the module. These can help you find out what you have remembered and what you haven't.
- Tell yourself what you have learnt by adding the story to your scheme.
- Create your own question about this part of the learning materials, you can use it again later when you revise.

***Tips to avoid distractions:*** Install a (temporary) website blocker as 'Cold Turkey', 'FocalFilter' or 'KeepMeOut', install the 'Forest' app, cancel notifications on your devices or switch them off completely.

*Try not to multitask, it is too distracting.*

### **5. Revising or repeating**

Is important for digital materials too!