

# QUICK STUDY GUIDE

## PRO TIP #1 - Set a Schedule for Success

It's important to set aside quality time for yourself to quietly focus on the course. You will need at least 7 hours to complete the course, and it's okay if it takes you longer. Just remember that you can't learn everything in one sitting! You will need to give yourself time to study and time to rest and review the information.

### Sample Schedule

Watch lecture & take notes - 45 mins  
Take a break - 15 mins  
Review notes - 10 mins  
Quiz yourself - 10 mins

## PRO TIP #2 - Use "Chunk Learning"

You can't eat a giant cookie in one bite! You have to start with small chunks and take bites if you want to get through that huge cookie, and the same is true for any online class that you take. You want to think of your giant, 7-hour, online course in the same way. Divide it up into manageable chunks of information (about 20 - 45 mins each session), give yourself time to rest and digest the information. Then review your notes aloud and quiz yourself

by asking yourself questions about what you learned.

"Let me see...OSHA has rules I need to follow. What does OSHA stand for again?"

"I know the State Board has a certain number of members. How many people are on the State Board in Texas?"

## PRO TIP #3 - Take Notes with the PowerPoint Slides!

1. First, when you go to register for the course, you will see a course details page. This course details page includes course **handouts**, links to **flashcards**, and **instructions** on how to register with the Texas State Board of Dental Examiners. You can download or print the course handouts (includes a PowerPoint of slides) from the course details page.

2. Next, listen to the lecture and take notes on those slides to keep your notes organized! Compare notes or review notes with a study partner if you have one, or simply ask yourself questions from the notes!

If you are having trouble finding the course handouts or need technical assistance, **call 1-800-701-5161 for support!**

## LET'S REVIEW!



Set a Schedule



Use Chunk Learning



Take Slide Notes