Study Group Essentials

What is a study group?
A study group is a small group of students who meet on a regular basis to discuss course content and information. Students in these groups benefit from having a support system in place to get help on topics they may not fully understand. Research has shown that study groups are beneficial for students, especially when created in a meaningful and thoughtful way.

Why Participate in a Study Group?
1. To help keep yourself on track with readings and course work.
2. Increase your depth and breadth of course material.
3. Compare and discuss notes from lecture.
4. Prepare yourself and classmates for exams and quizzes.
5. Discover new perspectives and share ideas.

How to Set up a Study Group
- Ask classmates if they are interested in joining the study group.
  Limit the group to five or six students (the more students in one group, the less interaction you will have).
- Decide how the group is going to meet: in-person, online*, over the phone, etc. and how they are going to communicate
  Ex. Start a Facebook Group or use Canvas to communicate with group members, exchange phone numbers and/or emails to communicate
- Select the dates and times of the study group meetings
- Attend the first meeting
**Use the handout for Apps to Success for more online tips and resources

What to do in the First Meeting
1. Learn everyone’s name in the study group.
2. Establish ground rules, expectations, roles, and goals for the group.
3. Rotate leaders for every meeting so everyone equally participates in the group.
4. Collaborate on topics to be discussed in the first meeting (agenda).
5. Get started and follow the agenda.
6. Recap everything you have covered with the last five minutes of your meeting.
7. Delegate tasks among the group in preparation for the next meeting.
8. Set a date, time, and place for the next group meeting.

Adapted from: Elmhurst College Learning Center. Forming a Study Group. www.elmhurst.edu/library/learningcenter
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