OK 5R Study and Test Prep with OK 5R

Before Reading

Overview - Skim and scan using text features

During Reading

Key Ideas - What are main ideas and supporting details?

Read - Read a paragraph and ask yourself questions

Record - Make notes

After Reading

Recite - Out loud link the main ideas and key details

Review - 2 to 4 times per week

Reflect - Think about the ideas
OK 5R
Study & Test Preparation Strategy

BEFORE READING

OVERVIEW by skimming and scanning the chapter for 1-2 minutes to find out what it is about. Glance at headings and subheadings, questions, and summary boxes to see what ideas are covered. Get the big picture. Don't close read the paragraphs, yet.

DURING READING

KEY IDEAS. Most textbook writing is made up of 3 elements: main ideas, supporting details and transitions. Your job is to tell the difference between main ideas and their supporting details. Main ideas are what you need to understand and the supporting details that follow a main idea will help you do that.

READ only a paragraph or short section and then stop to ask yourself: What is the main idea? What are the supporting and explanatory details? Which transitional words separate main ideas from details and details from other details? Finally: “Do I remember the material in this paragraph well enough so that I could explain it completely and accurately to someone else?”

To learn and remember, you must be actively involved in reading as outlined above.

RECORD your understanding. Make marginal notes and underline key words and phrases. Or summarise main ideas and supporting materials in separate notes such as on flashcards or two column notes. Focus on recording ideas, not someone else's words.

AFTER READING

RECITE because it keeps you from forgetting! Cover the details, only look at the notes in the margins or a main idea in your notes. Then in your own words, recite aloud the details linked to the main idea. After reciting, check for accuracy. Read-record-recite in this manner, paragraph by paragraph or flashcard by flashcard, until you cover all the material. Reciting notes aloud in your own words is a good way to move information from short-term memory toward long-term memory.

REVIEW 2 to 4 times per week by reciting aloud. This activity moves information from short-term memory towards long-term memory each time you do it.

REFLECT means think about ideas. Compare 1 idea with another, notice where they agree and differ. Organise them into larger categories or compress them into smaller units.

(Adapted from Student Academic Resource Centre, University of Florida)
OK 5R Study System and Exam Prep

1. Keep up-to-date with your study and reading during the term using the OK 5R method.

2. Use two column notes or concept maps to record your notes. Use colour, pictures and symbols to help you remember.

3. Make sure you do several review sessions rather than one lengthy session before the exam.

4. No matter what study method you use always review your textbook or notes by:
   a. Glancing at the heading, subheadings and other text features to wake up your brain to what it already knows.
   b. Reciting out loud main ideas and important details.
   c. Scanning the material to see if your memory is accurate.
   d. Noting down any material you left out.

5. Make up questions based on key ideas and try to answers these (or use exam questions and textbook questions).

6. Get a good night sleep. Do not come to exams full of coffee, fizzy drinks or Red Bull! If you have used a study method, there is no need for anxiety or cramming!

7. Make a realistic study timetable each week. DO NOT list “study, study, study” but instead list topics/chapters of a subject area e.g. 4pm- 4.30pm: Geography - Volcanoes. Remember to list other commitments:
   o Eating
   o Football
   o Swimming
   o Visit Grandparents

REMEMBER… Allow time for fun too!
# OK 5R Student Checklist

<table>
<thead>
<tr>
<th></th>
<th>OK 5R Student Checklist</th>
<th>Student</th>
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<tbody>
<tr>
<td>1.</td>
<td><strong>Overview:</strong></td>
<td></td>
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<tr>
<td></td>
<td>• Look over the material</td>
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<tr>
<td></td>
<td>• Wake up your brain to what it already knows</td>
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<tr>
<td></td>
<td>• Check out visuals and headings</td>
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<tr>
<td></td>
<td>• Read first and last paragraph and chapter questions</td>
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<tr>
<td>2.</td>
<td><strong>Key Ideas:</strong></td>
<td></td>
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<tr>
<td></td>
<td>• What do you think the key ideas and important details are in the section?</td>
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<td>3.</td>
<td><strong>Read:</strong></td>
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<td>• Read paragraph by paragraph, asking yourself – What is the main idea? What are the important details?</td>
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<td>4.</td>
<td><strong>Record</strong></td>
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<td></td>
<td>• In your own words make notes using a mind map, a graphic organiser or two column notes method, record the main ideas and key details</td>
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<td>5.</td>
<td><strong>Recite</strong></td>
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<td></td>
<td>• Cover your notes and out loud link the main ideas with important supporting details</td>
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<td>6.</td>
<td><strong>Review</strong></td>
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<td></td>
<td>• Study your notes 2-4 times per week, reciting them out loud</td>
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<td>7.</td>
<td><strong>Reflect</strong></td>
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<td></td>
<td>• Think about the ideas in the topic – how are they the same? How are they different to the other ideas?</td>
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* See pages 7–17 for ideas on summarising main ideas and important supporting details.
# OK 5R Record Sheet

<table>
<thead>
<tr>
<th>Subject:</th>
<th>Title/Topic:</th>
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<tbody>
<tr>
<td>Date:</td>
<td>Name:</td>
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</tbody>
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**Overview**
Record important titles, subtitles, keywords, and images from chapter/page/paragraph.

**Key Ideas:** What do you think are the main ideas and linked details?
Read: Read looking for the main ideas in each paragraph.

Record: Make notes of main ideas and linked details.

Recite: Cover your notes and out loud state the main idea and key details. Check if you were right. Note what you left out.

Review: 2-4 times per week

Reflect: How are ideas linked in this topic – How are ideas similar? How are they different?
Two Column Notes

<table>
<thead>
<tr>
<th>Main Ideas</th>
<th>Important Details</th>
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- List the main ideas, topics and keywords on the left.
- List information and essential details on the right.
- Indent and leave space between important details.
- Use only words and phrases.
5Ws 1H summary of ideas

What happened?

Where did it happen?

When did it happen?

Who was involved in the events?

How did it happen?

Why did it happen?
Main Ideas Summary Map
Compare and Contrast Summary
Summary Map
What’s the Big Idea?

Key Topic

Is about...

Main

Essential Details

Big Idea Summary

Sentence/s
Sequence Summary

Use pictures and/or words to create a summary of the main ideas.
Main Points of Topic

Title
Chain of Events Summary

Draw pictures in the boxes below to create a summary of the main events. Then write a summary based on your pictures.

First:
Second:
Third:
Outcome:

Explanation of each event:
Summary Burger

Main Idea:

Detail:

Detail:

Detail:

Detail:

Closing sentence:
Word Wall Summary

Write a summary of what you have read using as many main idea words/phrases as you can from the word wall below.

Topic:

My main ideas summary: