“M.U.R.D.E.R.” A Study System

• Mood:
Set a positive mood for yourself to study in.
Select the appropriate time, environment, and attitude.

• Understand:
Mark any information you don’t understand in a particular unit;
Keep focus on one unit or a manageable group of exercises

• Recall:
After studying the unit,
stop and put what you have learned into your own words.

• Digest:
Go back to what you did not understand and reconsider the
information;
Contact external expert sources (e.g. other books or an instructor) if
you still cannot understand it.

• Expand:
In this step, ask three kinds of questions concerning the studied
material:
- If I could speak to the author, what questions would I ask or what criticism would I
  offer?
- How could I apply this material to what I am interested in?
- How could I make this information interesting and understandable to other
  students?

• Review:
Go over the material you’ve covered,
Review what strategies helped you understand and/or retain
information in the past and apply these to your current studies.

Adapted from Hayes, John R., The Complete Problem Solver, Lawrence Erlbaum