



“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 Publishers, Hillsdale, NJ: 1989.

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