

## 10+ Benefits of Study Groups

### 1. Support

When students work together in groups toward common goals of learning they can provide encouragement to each other to keep motivated toward the goals. It can be a positive and enjoyable experience.

### 2. Commitment

As each member of a study group commits to participate fully in the group, students tend to stay up-to-date with class assignments and this helps to be well prepared for quizzes and tests without cramming, as well as turning in projects in a timely manner. Being part of a study group learning team helps to avoid procrastination.

### 3. Discussions and Communication

Study groups can help you develop as a student, person, and professional. Study groups encourage members to think creatively and build strong communication skills which also help in refining understanding of the material. It has been proven that those who participate in study groups feel more confident and comfortable about reaching their academic goals. Overall, most professional careers require collaboration with colleagues on projects, so study groups are excellent practice in preparation for the work world.

### 4. "Two heads are better than one."

- Students tend to learn faster working within a group versus working alone. If a student was working on his/her own, there would be a lot of time wasted puzzling over any difficulty. However, when students work in groups, they have the opportunity to explain concepts, review material, exchange ideas, and disagree/reason with one another about why one person's answer differs from another. Thus, one can seek clarification and learn faster working in a group.
- Since everyone has individual talents and unique insights, group members can learn from each other. Group members can also teach confusing concepts they understand to other group members.
- Working in groups makes it possible to focus on more concepts since multiple people can review more material than just one.
- One or more group members are likely to understand something you do not. They may bring up ideas you never considered.

### 5. Learn New Study Habits/Skills

There are always ways to enhance your studying methods/techniques in your study skills. Joining a study group will provide you the opportunity to observe a wide variety of study methods and incorporate them into your regimen. Note-taking and organization skills are two major study components that continue to be improved through study groups.

### 6. Compare Class Notes

You can compare your class notes with those of the other group members to clarify important concepts and fill in any gaps.

### 7. Teaching concepts to the other group members

Teaching/explaining information and concepts to the other group members will help you reinforce your mastery of the information and concepts.

### 8. Interaction – enjoyable learning

Studying with a group is a great way to liven up your study sessions. It can be very monotonous and draining to spend long hours alone somewhere. Joining a study group and studying in a group environment makes learning much more fulfilling and enjoyable.

### 9. Different Perspectives

Each group member has different qualities/ideas to offer to the study group. Studying by yourself will always get you one perspective; yet, in groups, you may receive various viewpoints which can assist in helping you reach your own conclusions. Listening and asking questions will provide more food for thought while developing your critical skills.

### 10. Other Benefits

- You may be reluctant to ask a question in class. You will find it easier to do so in a small study group and eventually in the classroom.
- Listening and discussing add a strong auditory dimension to your learning experience.
- Being in a study group with motivated classmates is often helpful to reduce test anxiety.