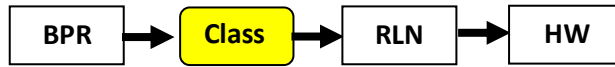


BPR* (Bullet Point Reading)



BPR is the powerful reading method in the highly successful **Guaranteed 4.0 Learning System***

A big mistake students can make is to come unprepared to class. Using BPR, you will:

- ☑ **Organize** information in your own words
- ☑ **Store** information in long-term memory
- ☑ **Understand** more information in class
- ☑ **Earn** higher grades!

This bookmarker is a step-by-step guide of the BPR method, as adapted by the San Diego City College MESA Program. Simply **CUT**, **FOLD** and **STORE** in your book for quick reference.

* With over 20 years of proven success, the **Guaranteed 4.0 Learning System** is a unique learning method that focuses on teaching students to LEARN how to LEARN. What makes the program unique is that it is actually a system – a complete brain-based learning approach that takes the mystery out of learning. **For more info, visit www.nomorestudy.com**



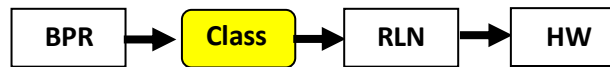
The San Diego City College
**MESA (Math, Engineering,
Science Achievement)**

Program is a model academic support program. MESA students excel in math-based majors and successfully transfer to 4-year universities.

Let the learning begin!

BPR* (Bullet Point Reading)

*Adapted from Guaranteed 4.0 Learning System



BPR is:

- ☑ **BEST** approach to learning
- ☑ Most **EFFECTIVE** note-taking technique
- ☑ Consistent with **BRAIN** functioning
- ☑ **SIMPLE!**

Goal of BPR: OUTLINE the assigned reading

BPR should be done:

1 to 7 days **BEFORE** class

Purpose of BPR: BEGIN to “become familiar” with the terms & concepts. **NOT** to “become an expert”!

Key to BPR: DIRECTED READING, i.e. *knowing what is important and what to look for!*

Preparing to BPR:

1. **PREVIEW** (*scan*) what you are about to read.

Look for clues:

- ☑ **Titles:** *Chapter, Sections, Sub-sections*
- ☑ **Objectives**
- ☑ **Things to Know, Concepts, Highlights**
- ☑ **Summaries:** *Section, Chapter*

2. Recognize **PREVIOUS** knowledge
3. **PREDICT** what you will learn from the reading

Continue on other side



BPR (Bullet Point Reading)

Continued

BPR (*this is it!*): OUTLINE & REVIEW

one section at a time

1. Outline 1st section using **Bullet Points** (3 to 5 words), then **REVIEW** outline

Tips: Use **MAIN-BPs** for main *ideas* or *concepts* ♦ use **SUB-BPs** for supporting information ♦ **always** leave a blank line before writing a new MAIN-BP.

2. Outline 2nd section, then review 1st & 2nd outline
3. Outline 3rd section, then review 1st, 2nd & 3rd outline
4. Continue the process.

Each time you add a new section outline, review the outlines beginning with the 1st outline. **Review, review, review!**

BPR Tips

- Got **QUESTIONS** while doing BPR? Write a list of questions to **ASK** in class
- Writing BP's is like “**TEXTING**” on a phone
- Use **SYMBOLS** – faster 4 brain!
D.Y.K. – your brain processes symbols 2/3's faster than words

Other Tips

- Go to class! Sit **FRONT-CENTER** (*Learning T*)
- Review lecture notes (RLN) **IMMEDIATELY** after class or as soon as possible that same day
- Start on HW the **SAME DAY** it is assigned and follow **20-MINUTE RULE** (*Stuck for 20 minutes? Move on. Get help later!*)

