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) 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!)