



Academic Performance Training

What is Academic Performance Training?

Want to learn faster and remember more? Strong learning skills help you grow, reach academic goals, and boost confidence. You can improve how you study with consistent practice—whether you're prepping for a badge, new MOS, school, or the next board.

Performance Skills

Learner Mindset

Discover how a learner mindset promotes learning and better grades and examine how your beliefs about your abilities in the classroom affect your performance. Explore strategies to coach yourself and others towards a learning mindset. Understand how learning changes your brain and impacts your study strategies.



Expand Your Memory



Learn how memory can be developed and expanded, better understand how memory works, and improve knowledge retention through brain-based learning theory. Learn strategies to maximize the way you organize and review information like scaffolding, active learning, and self-testing, and gain insight into how healthy habits are critical to academic success.

Leverage Your Peers

Study groups and other types of peer-assisted learning enhance understanding, increase retention, improve test scores, and lower test anxiety. Explore the advantages and limitations of study groups. Learn the characteristics of effective study groups and how to troubleshoot issues that may arise. Identify ways to leverage your learning strengths in a group setting.



Reading



Reading text carefully and strategically can make the difference between not comprehending the material and fully grasping the meaning behind words. Learn how to decrease reading time and increase comprehension by making more deliberate decisions before, during, and after you read. Boost your reading skills with strategies that improve comprehension, memory, and efficiency—helping you review content effectively, stay focused, and create the best reading environment for you.

Study Hacks

Boost your performance with small study habit changes—use class time wisely, manage distractions, set achievable goals, and find the best environment for your learning style.





Academic Performance Training



Take Effective Notes

It's important to take notes in ways that make the most sense in specific situations or contexts. Enhance your understanding and memory by developing strong note-taking skills, exploring different styles, and using instructor cues effectively. Develop a note-taking style that highlights key information and doubles as a meaningful, reusable study resource.

Master Essay Questions and Short Papers

Can you recall an instance when an essay prompt stumped you or caught you off-guard, and you felt unsure of how to start writing? Have you ever been told by an instructor that your response did not answer the question? Master how to spot key prompt words, manage time during essay tests, and use simple organization techniques to write clearly and effectively.



Master Your Tests

Do you experience anxiety or anticipate the worst-case outcomes when you take an exam? Become more test savvy by learning strategies to boost your performance and reduce stress by controlling distracting thoughts.

Who are Performance Experts?

Performance Experts (PEs) are contractors who have a master's or doctoral degree in psychology, counseling, or kinesiology with a specialized emphasis in sport and/or performance psychology, focusing on areas like sports injury rehabilitation and leadership. Performance psychology is the systematic application of psychological principles and techniques to performance. PEs work at Ready and Resilient (R2) Performance Centers and can help you understand and enhance the mental side of performance, maximize the benefits of physical activity, and develop your character. PEs can tailor training to fit your needs and schedule—offering anything from a one-time session to a full series of workshops to build mental skill mastery. R2 Performance Center services are open to all Soldiers, DA Civilians, and family members, with PEs delivering dynamic learning experiences in the setting that works best—whether it's the range, the gym, your unit, or the performance center.

Contact your local R2 Performance Center for more information.