

5 Strategies to Supercharge Your Studying & Learning

1. Space It Out

(Spaced Practice)

- Like music, sports, theater, etc. – regular practice.
- 5 hours spread over 2 weeks is better than 5 hours all at once.
- Think of a topic you read about a few chapters back. What were the main ideas?

2. Test Yourself

(Retrieval Practice)

- Do practice tests or create your own.
- Flash cards.
- Write out what you've learned from memory.

3. Seek Meaning & Connection

(Elaboration)

- Be the teacher & explain it to someone - How does this work and why?
- Connect ideas together - How are they similar or different?
- Think about how what you just read connects to something you already know.

4. Mix It Up

(Interleaving)

- Switch topics/ideas in one study session.
- Go back over ideas in a different order.
- Work different kinds of problems instead of the same ones over and over in a row.

5. Enhance Your Memory

(Dual Coding; Mnemonics)

- Chunk it up & find patterns – use rhymes, songs, stories, acronyms.
- “Surprise Seeing” – create an exciting, surprising, ridiculous moving image.
- There are other strategies for remembering numbers, dates, languages, etc.

References

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