

Elaboration

Explain & describe ideas with many details. Teach it to someone else.



Retrieval Practice

Practice bringing information to mind. Write it, sketch it, say it without looking at your notes.



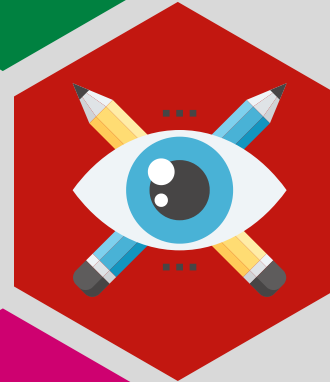
Concrete Examples

Use specific examples to understand abstract ideas. Connect examples to your own background knowledge when you can.



Dual Coding

Combine words and visuals. Say it aloud.



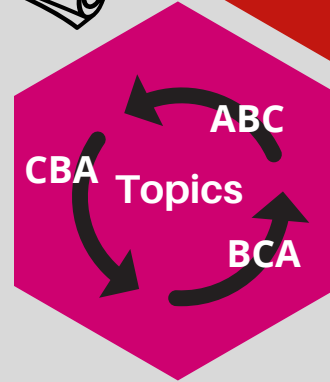
Spaced Repetition

Space out your studying over days/weeks/time.



Interleaving

Rotate information while studying.



Strategies for Effective Learning

From Cognitive Psychology

INTEGRATED SUCCESS
COACHING

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