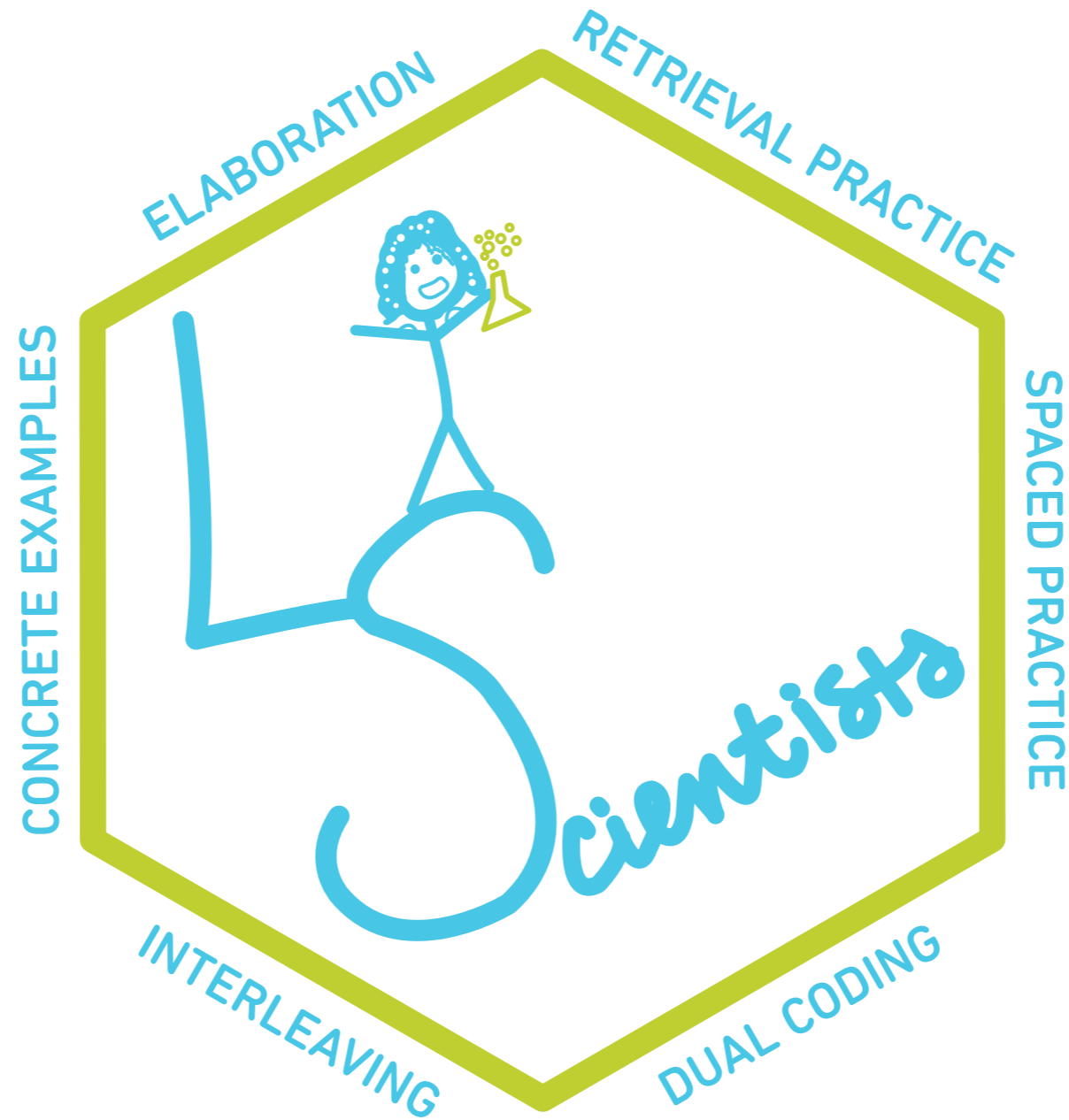




Six Strategies for Effective Learning

www.learningscientists.org

In this series, we provide information so students can learn how to study using..



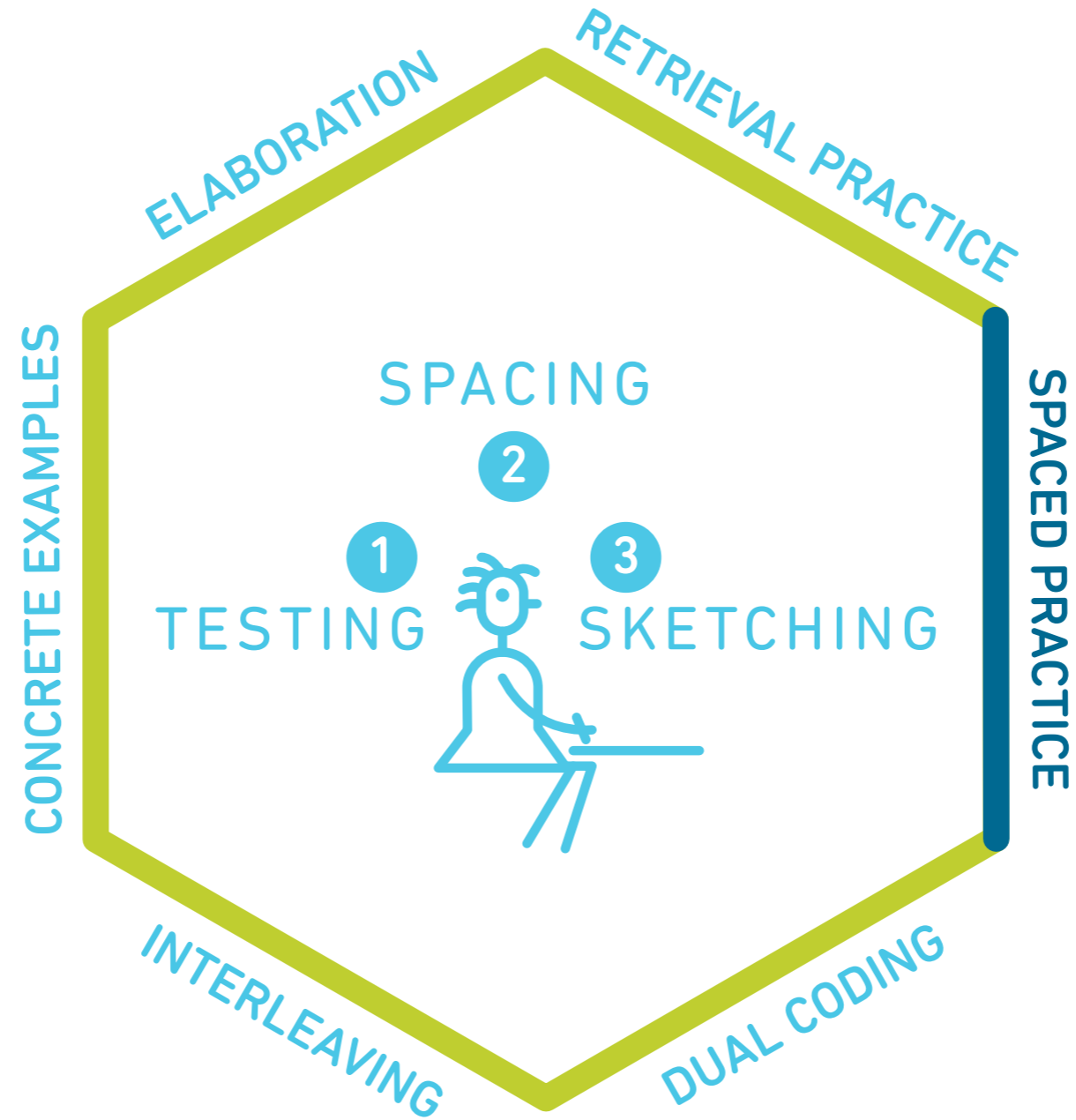
All of these strategies have supporting evidence from cognitive psychology. For each strategy, we explain how to do it, some points to consider, and where to find more information.



LEARN TO STUDY USING...

Spaced Practice

SPACE OUT YOUR PRACTICE OVER TIME



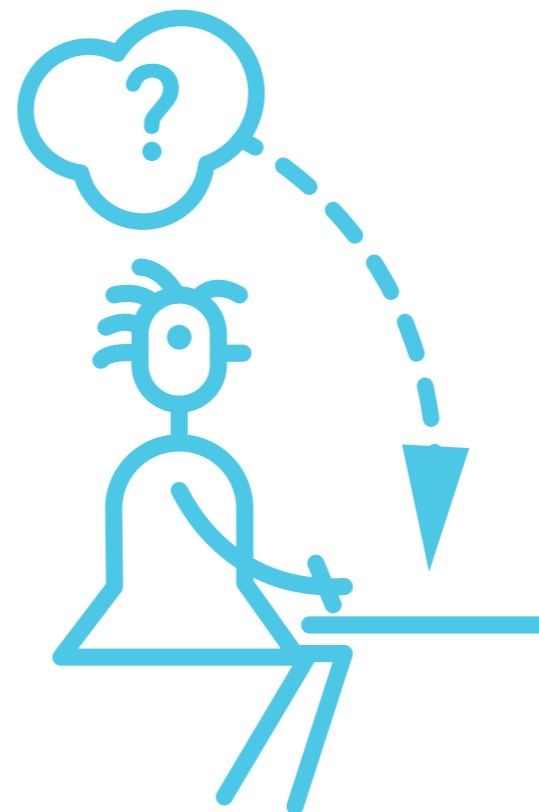
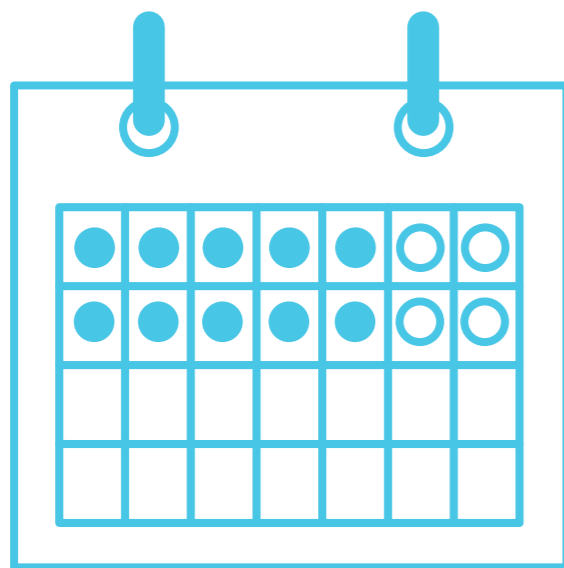


Spaced Practice

HOW TO DO IT

Start planning early for exams, and set aside a little bit of time every day. Five hours spread out over two weeks is better than the same five hours all at once.

M T W Th F Sa Su M T W Th F Sa Su



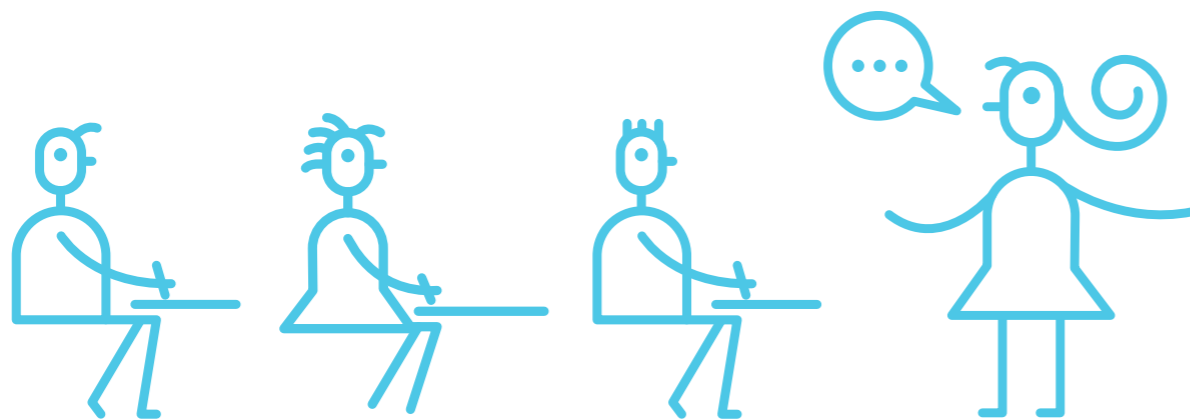


Spaced Practice

HOW TO DO IT

Review information from each class, but not immediately after class.

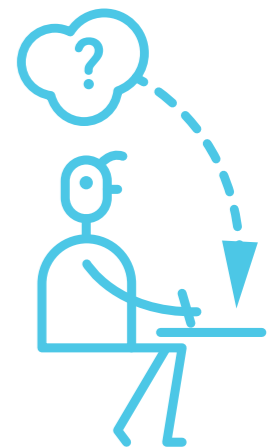
LESSON



BREAK



REVIEW





Spaced Practice

HOW TO DO IT

After you review information from the most recent class, make sure to go back and study important older information to keep it fresh.





Spaced Practice

HOLD ON

When you sit down to study, make sure you are using effective study strategies rather than just re-reading your class notes.

TESTING

1

2

SPACING

3

SKETCHING





Spaced Practice

HOLD ON

This may seem difficult and you may forget some information from day to day, but this is actually a good thing! This forces you to retrieve information from memory.

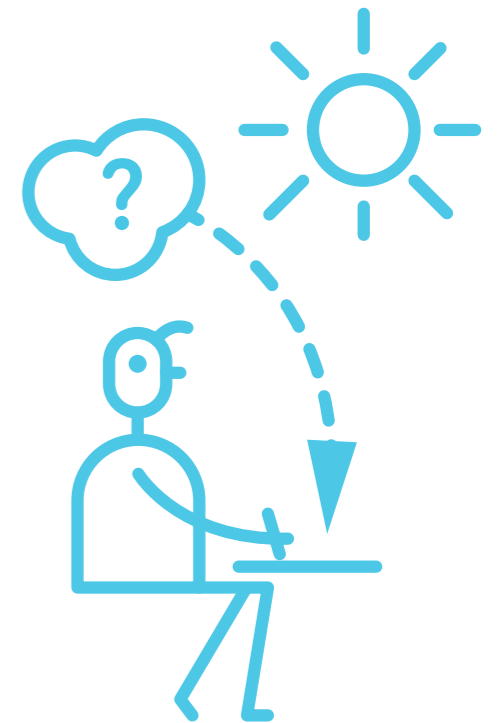
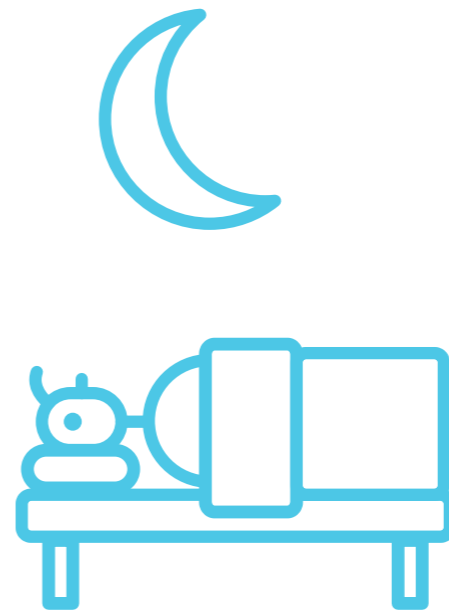
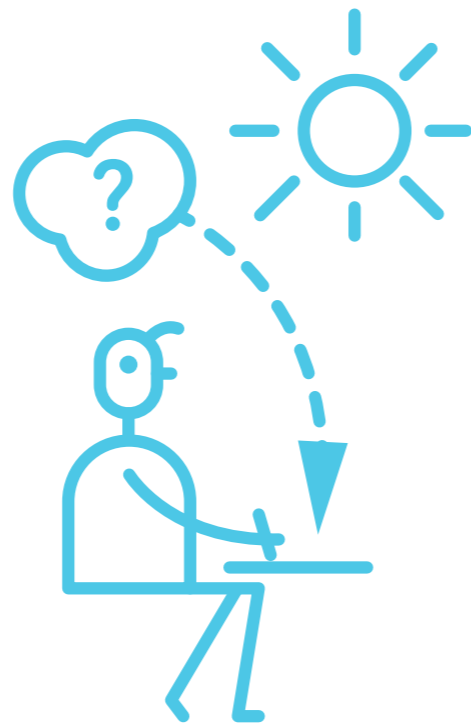




Spaced Practice

HOLD ON

Create small spaces (a few days) and do a little bit over time, so that it adds up!





Spaced Practice

RESEARCH

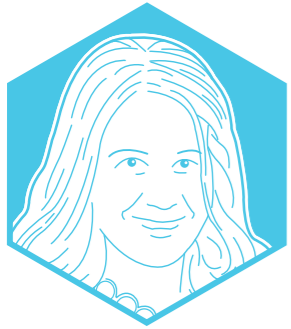
Read more about spacing as a study strategy

- ◆ Spacing your study
<http://www.learningscientists.org/blog/2016/7/21-1>
- ◆ Spacing in teaching practice.
<http://www.learningscientists.org/blog/2016/4/12-1>
- ◆ Benjamin, A. S., & Tullis, J. (2010) What makes distributed practice effective? *Cognitive Psychology*, 61, 228-247.



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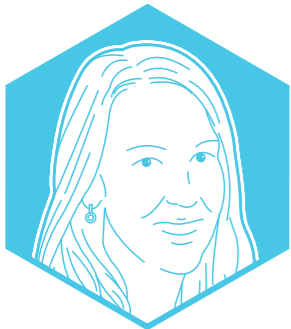
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