**Study Like a Pro with Learning Scientists Strategies**

* Spaced Practice: Set aside a little time to study the materials every day. Review both new and old material. Studying a small amount over a longer period helps retain information.
* Retrieval Practice: Put away your material and write down as much as you can remember. Check your materials afterwards for accuracy. Don’t just re-read or study terms: work on recalling main ideas and examples as well.
* Elaboration: Ask yourself questions, and then find answers in your material. Make connections between ideas to find similarities and differences. Create examples from real-life experiences.
* Interleaving: Switch between several ideas during a study session. Don’t stay on a single idea for too long. Mix up the order each time you review, to strengthen understanding. Make connections between ideas as you switch between them.
* Concrete Examples: Find as many examples as possible. Make connections between the idea and the example, to be sure you understand how the example applies to the idea. Explain examples with friends.
* Dual Coding: Study visuals in your course materials and compare them to the words. Explain the visuals in your own words. Take new information and create visuals.

Adapted from The Learning Scientists. For more information, go to <https://www.learningscientists.org>

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