

# Study Like a Pro with Learning Scientists Strategies

- 1** 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.
- 2** 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.
- 3** 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.
- 4** 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.
- 5** 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.
- 6** 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.

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



# Six Strategies for Effective Learning

LEARNINGSIENTISTS.ORG

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.



Explain and describe ideas with many details



Practice bringing information to mind



Use specific examples to understand abstract ideas



CONCRETE EXAMPLES

ELABORATION

RETRIEVAL PRACTICE

Space out your studying over time



SPACED PRACTICE

INTERLEAVING

DUAL CODING



Switch between ideas while you study

Combine words and visuals

