Suggestions to enhance learning:
- Review PPT and textbook readings before class.
- Take hand-written notes in a format that supports self-quizzing, like Cornell notes.
- If studying for more than one hour, be sure to take a short break every hour.
- Each week before beginning new material, review notes from previous weeks through self-quizzing.

Six Effective Learning Strategies

- **Spaced practice** – study in shorter intervals more frequently, review notes within 10-minutes after taking them, 1 hour later, 24-hours later through self-quizzing, and a few times during the week
- **Practice retrieval** – self-quizzing, especially helpful when reviewing notes 24-hours later to identify what you don’t know and several times throughout the week
- **Dual coding** – match words to pictures, ex: mnemonics, concept maps, diagrams, pictures, charts
- **Interleaving** – switch between ideas, topics, classes during daily study time (in other words, study some of each subject daily)
- **Concrete examples** – use specific examples or case scenarios to understand abstract material
- **Elaboration** – explain concepts with more specific details, works well while summarizing and “brain dumping” in small study groups

Adapted from:

e-booklet of all 6 learning strategies: [http://www.learningscientists.org/posters](http://www.learningscientists.org/posters)

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