



Successful Students Learning Strategies

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:

Brown, P. C., Roediger, H. L. III, & McDaniel, M. A. (2014). Make it stick: The science of successful learning. Belknap Press of Harvard University Press.

e-booklet of all 6 learning strategies: <http://www.learningscientists.org/posters>

This publication is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$1,982,942 with 0% percentage financed with non-governmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit HRSA.gov.