

STUDY SMART!

THE MOST SUCCESSFUL LEARNING STRATEGIES IN A NUTSHELL

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RETRIEVAL PRACTICE or SELF-TESTING

WHAT DO YOU remember?



It is easy to use and requires little time and practice!

- ◆ Use flash cards, example tests, asking someone to question you, or the Cornell system during in class note taking;
- ◆ Look up the answers and score how correct your answers are;
- ◆ Identify gaps and practice by further self-testing.

i This learning strategy requires pre-reading.

By **repeatedly retesting** themselves students remember

80%

of the items.

Rereading leads to retrieval of only 36%

2

DISTRIBUTED PRACTICE

Spreading learning over time is effective!

With distributed practice students score up to **a full grade point more** on their exams



Note!
Some learning strategies require an initial reading of the study material. E.g. you can not take a practice test if you haven't read the material.

Most people know that cramming is not the most effective way for studying. How can you start early, when your course periods are 8 weeks long?

★ Tips and Suggestions

- ◆ Plan ahead and create a timeline
- ◆ To remember something for 8 weeks, plan a short rehearsal session every week

i Can be applied during initial reading of study material.



ELABORATIVE INTERROGATION

YOU KNOW MORE THAN YOU THINK!

After studying

Contextualise the material you need to memorise. Linking prior knowledge with new facts helps you remembering information better.

Ask yourself 'why'-questions like:

Why is it true that...?

Why does it make sense that...?

i This learning strategy requires pre-reading.

This method can increase information retrieval by **38%**

KEEP IT UP!

- ◆ It takes an effort to become a more effective learner, Don't give up!
- ◆ Don't worry if you feel less secure when applying new strategies; this is normal!
- ◆ Set realistic goals for yourself like practicing one learning strategy for a couple of times or spending one hour per week on self-testing.



SELF-EXPLANATION

HOW DO I KNOW?

While studying

Explain what you are learning by asking yourself questions like:

How does it relate to what I already know?

What new information am I reading?

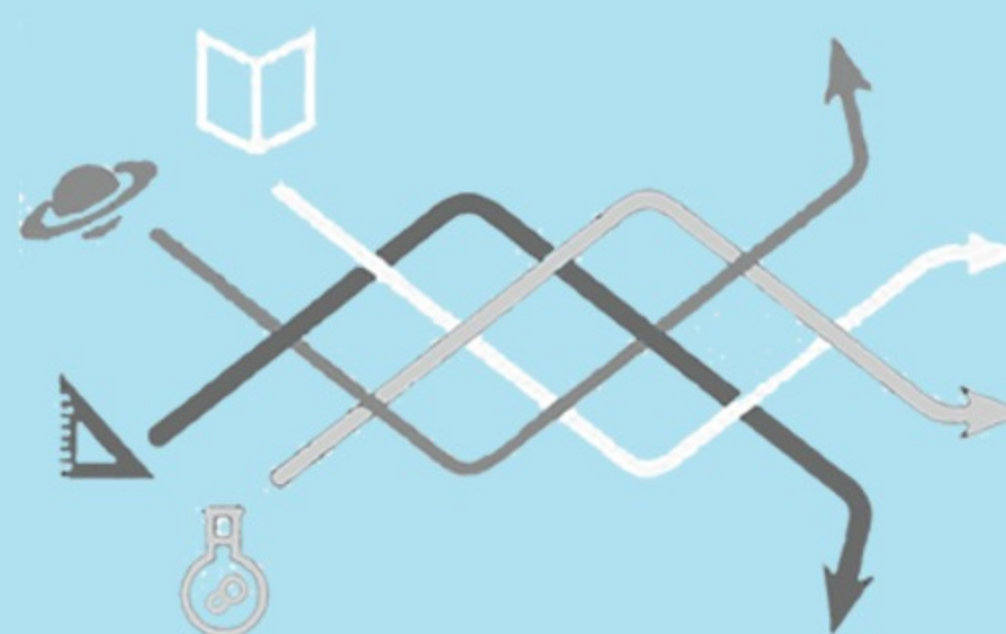
i Can be applied during initial reading of study material.



INTERLEAVED PRACTICE

If tasks or problems are somewhat similar, it helps to mix them during your study. You will see links and differences between them and memorise more. (e.g. different lung diseases, learning theories or laws)

i Can be applied during initial reading of study material.



TRY TO AVOID...

Highlighting and Rereading

Latest research shows that these are ineffective and time consuming study methods.

Summarising

Useful for post-discussions but not sufficient for long-term learning.

Combine with effective strategies, like self-testing and distributed practice!

Source: Dunlosky, J., et al. (2013). What works, what Doesn't. Scientific American Mind, 24(4), 46-53.

For further information watch the videos on <http://yt.vu/+edlab>

Information on study skills provided in the context of self-regulated learning skills by