

# STUDY STRATEGIES THAT WORK

## Retrieval Practice

Try to recall info before you fully know it



- Make flash cards to drill on key terms, vocab, and formulas.
- Take quizzes or practice tests whenever you can.
- Work problems at the end of textbook chapters as you study.

## Self Explanation

Explain aloud & be curious about the material.



- "What is new about this? How does it relate to what I know?"
- How you would explain the content to a new student?
- Explaining improves memory and understanding.

## Distributed Practice

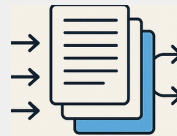
Learn over time in smaller increments



- It's better to learn in increments over time rather than to cram.
- Review your notes after each class or on the weekend.
- Study for exams in chunks. Don't do all topics in one session.

## Interleaved Practice

Alternate info & topics in short study sessions.



- Work over several short sessions on multiple topics.
- Change the order of topics to challenge your understanding.
- Look for connections! See how topics inform one another.

## Elaborative Interrogation

Ask to questions understand & connect ideas



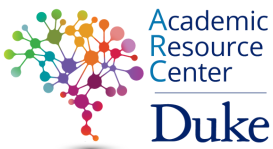
- Ask "why" of everything you learn.
- Why does it work this way? Why was it taught in this order?
- Make connections: "This works like..." or "This is different from..."

## Dual Coding

Use text & images to improve storage & recall



- Annotate visuals with short explanations.
- Sketch concepts as you learn.
- Use arrows, colors or icons in notes, add visuals to flashcards.



Learn More at the Academic Resource Center

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