

10 WAYS TO LEARN

Researchers have studied the effectiveness of commonly used study techniques on student achievement. Some, like practice testing and distributed practice, show more promise than others, such as rereading. But students often mistake rereading as an effective way to learn new material.



1 ELABORATIVE INTERROGATION

Generating an explanation for why an explicitly stated fact or concept is true.



2 SELF-EXPLANATION

Explaining how new information is related to known information, or explaining steps taken during problem solving. Example: Explaining each step of a math problem while solving it.



3 SUMMARIZATION

Writing summaries of various lengths of to-be-learned texts.



4 HIGHLIGHTING/UNDERLINING

Marking potentially important portions of materials to be learned while reading.



5 KEYWORD MNEMONIC

Using keywords and mental imagery to associate verbal information.



6 IMAGERY FOR TEXT

Attempting to form mental images of text materials while reading or listening.



7 REREADING

Restudying texts again after an initial reading.



8 PRACTICE TESTING

Self-testing or taking practice tests on to-be-learned material. Example: using flashcards



9 DISTRIBUTED PRACTICE

Implementing a schedule of practice that spreads out study activities over time, rather than cramming in one night.



10 INTERLEAVED PRACTICE

Mixing different kinds of problems or materials over several study sessions or within a single study session. Example: Solving fraction problems that involve multiplying and division, rather than just one skill.

SOURCE: "Improving Students' Learning With Effective Learning Techniques," Psychological Science in the Public Interest