MAKE IT STICK – PRACTICE!

We all want to make the most of our study time. In order to be most effective AND efficient, consider the following strategies to commit information to memory, and to learn material until you can't get it wrong. Learning something once won't be enough. You must practice the material in different ways to make it stick.

DRAW AND RE-DRAW DIAGRAMS

1. Reconstruct images/information to capture ideas graphically/spatially
2. Redraw graphs and images from memory
3. Replace words with symbols or drawings
4. Write out the steps or create diagram of how to solve math or science problems
5. Draw diagrams and charts from memory
6. Take notes using mind-map to see in a broader picture how concepts relate

MAKE YOUR OWN PRACTICE TEST QUESTIONS

7. Write out example exam questions to practice
8. Take practice exams in an environment similar to the exam
9. Practice multiple choice questions
10. Compare and contrast major theories or concepts
11. Practice changing the details of the problem and see if you can still solve it
12. Reflect on what skills the professor wants you to perform to build practice questions
13. Can you justify why you think you're right? Can you explain why another answer is wrong?

PROVIDE EXPLANATION/SUMMARY

14. Discuss topics with others to validate understanding (peers, professors, others)
15. Explain ideas to someone else using real life examples
16. Describe the information to someone who wasn't there
17. Teach the material to someone else as if you were lecturing
18. Ask others to hear your understanding of a topic
19. Explain your notes or a concept from class to another person
20. Imagine yourself talking through the concept and remember aurally
21. Speak your answers aloud (quietly) or inside your head
22. Explain aloud the answers to flash cards, reading questions, or test questions
23. Recite the main points at the end of each section; explain concepts aloud.
24. Summarize your notes/the concepts from the textbook on an audio file

WRITE AND RE-WRITE IDEAS

25. Write out words multiple times on a white board
26. Create a written study guide
27. Create reference sheets for easy access while studying
28. Summarize ideas and concepts in your own words
29. Write paragraphs formulating the ideas from your notes
30. Analyze diagrams, graphs and turn them into statements, descriptions
31. Write songs, poems or rhymes to remember better.

MAKE CONNECTIONS

32. Generate or listen for examples of principles, real life examples
33. Think of applications for the information
34. Seek out exhibits, samples, photographs, collections, solutions
35. Explore case studies as examples of concepts
36. Connect your lecture notes with the notes you took from the book
37. Arrange information into lists, words into hierarchies
38. Recall learning/concepts from experiments, field trips, or other classes
39. Participate in study groups & review sessions
40. Practice recalling your notes/reading pages and where things are
41. Use notecards to quiz yourself on concepts
42. Make up puzzles or games to learn information

NOW, PRACTICE

THREE PRACTICE STRATEGIES I'M GOING TO TRY ARE:

(Really do write these down. Doing so is a strategy of its own. When we write something down, we're taking an idea from in our head and turning it into a commitment. Take it a step further and tell a friend or classmate or professor you're going to try these, too.)

1.
2.
3.

Here's how I'm going to use those strategies:

For _____ (class/course), I'm going to try _____ (strategy).

For _____ (class/course), I'm going to try _____ (strategy).

For _____ (class/course), I'm going to try _____ (strategy).