

# 5 PROVEN STUDY STRATEGIES TO MAKE IT STICK

## DON'T JUST RE-READ!

It's not the most effective way to remember information.



Read first to understand.

These other strategies will help you process and remember the material better!

## 1. RECITE

Stop reading periodically and *silently* recite the material.



Recite silently to yourself.

## 2. ELABORATE

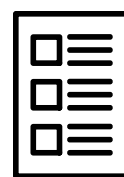
Explain it to someone else.



Put the text away and explain the ideas *out loud* to someone else - your dog, cat, baby, etc.

## 3. SELF QUIZ

Make up *questions* on your notes sheet, flashcards, or using a quiz app on your phone.



Quiz yourself on the material.

## 4. VISUALIZE

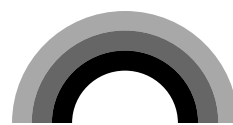
Images cue memories.



Find or draw an *image* to remember key concepts, steps in a process, or vocabulary words.

## 5. MNEMONIC DEVICES

Use the *first letter* of each word to create a catchy phrase or sentence.



ROYGBIV