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