

Five Proven Study Strategies

to recall, remember, and *make it stick*

1. Recite

- Look up from the material often and *silently* recite it to yourself as you read/study

2. Elaborate

- Express the material *outloud* to someone else
- Connect the material with what you already know (Can you relate it to your life?)

3. Self-Quiz

- *Quiz yourself* often on the material to strengthen memory - flashcards, note paper, or a quiz app on your phone

4. Visualize

- Draw or find an *image* to associate with a concept

5. Mnemonic Device

- Use the *first letter* of each word in a sequence to create a new phrase or sentence (or make up a *rhyme*)