Five Proven Study Strategies

to recall, remember, and *make it stick*

1. Recite	 Look up from the material often and <i>silently</i> recite it to yourself as you read/study
2. Elaborate	 Express the material <i>outloud</i> to someone else Connect the material with what you already know (Can you relate it to your life?)
3. Self-Quiz	• <i>Quiz yourself</i> often on the material to strengthen memory - flashcards, note paper, or a quiz app on your phone
4. Visualize	• Draw or find an <i>image</i> to associate with a concept
5. Mnemonic Device	• Use the <i>first letter</i> of each word in a sequence to create a new phrase or sentence (or make up a <i>rhyme</i>)

Brown, P. C., Roediger, H. L., & McDaniel, M. A. (2014). *Make it stick: The science of successful learning*. Cambridge, MA: The Belknap Press of Harvard University Press.