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*)

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