STUDY STRATEGIES THAT WORK

Self-Testing
- Make flash cards to drill yourself on key terms, vocabulary, and formulas.
- Take quizzes or practice tests whenever you can.
- Work problems at the end of textbook chapters as you study.

Self-Explanation
- Ask: "What new information does this content provide? How does it relate to what I already know?"
- Imagine you are the instructor. How would you explain the significance of the content to a new student?
- Explaining improves memory, comprehension, and problem-solving. It is also the most time consuming, so integrate it with other steps.

Distributed Practice
- It's better to learn in increments over time rather than to cram.
- Take the time to review your notes after each class or on the weekend.
- Study for exams in chunks instead of covering all topics in one session.

Interleaved Practice
- Alternate information & topics as you study through your day.
- Avoid focusing on one topic without taking breaks. It's better to work over several brief sessions on multiple topics, than to work many hours on content for one class.
- Plan to study in a way that allows you to see how some topics inform one another - look for connections!

Elaborative Interrogation
- Ask "why" of everything you learn. Why does it happen the way it does? Why was it introduced by the professor in the order it was?
- For some courses, the interrogative approach may extend to "who?" and "when?"

Want to learn more?
Visit the Academic Resource Center!


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