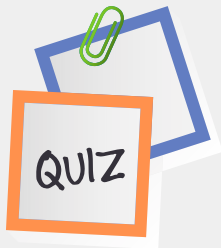


# STUDY STRATEGIES THAT WORK



## 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!

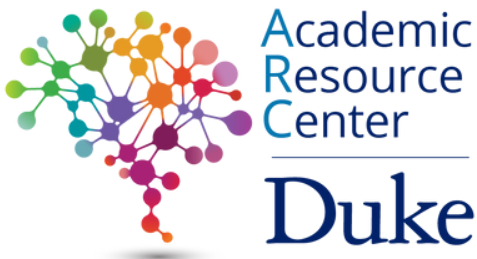


## Elaborative Interrogation

- 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!**



Adapted from Dunlosky, J., Rawson, K., Marsh, E., Nathan, M. and Willingham, D. (2013). What Works What Doesn't. [online] penguinprof.com. Available at: [https://www.penguinprof.com/uploads/8/4/3/1/8431323/what\\_works\\_what\\_doesnt.pdf](https://www.penguinprof.com/uploads/8/4/3/1/8431323/what_works_what_doesnt.pdf) [Accessed 3 Sep. 2019].

[arc.duke.edu](http://arc.duke.edu) | 919.684.5917 | [theARC@duke.edu](mailto:theARC@duke.edu)