



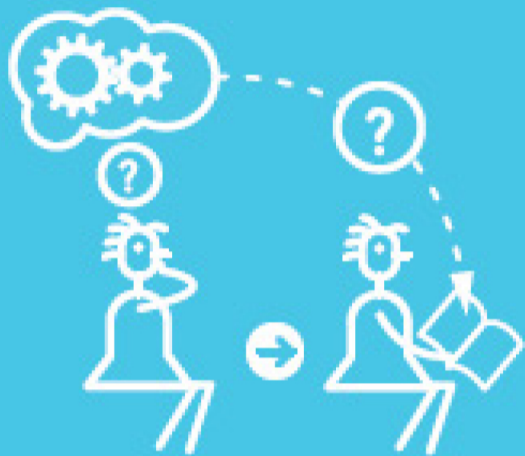
# Six Strategies for Effective Learning

LEARNINGSIENTISTS.ORG

All of these strategies have supporting evidence from cognitive psychology. For each strategy, we explain how to do it, some points to consider, and where to find more information.



Explain and describe ideas with many details



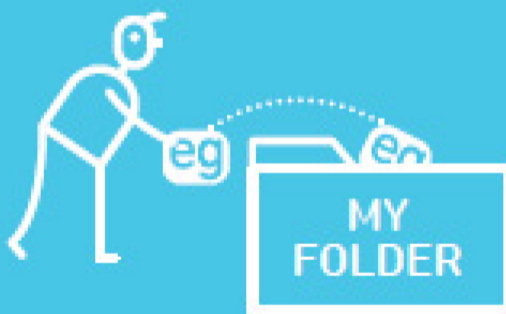
ELABORATION

Practice bringing information to mind



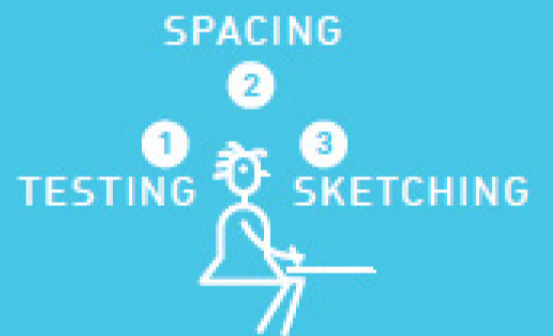
RETRIEVAL PRACTICE

Use specific examples to understand abstract ideas



CONCRETE EXAMPLES

Space out your studying over time



SPACED PRACTICE

INTERLEAVING



Switch between ideas while you study

DUAL CODING



Combine words and visuals

