EFFECTIVE STUDY

Study techniques that work

Retrieval practice	Recalling information from memory, for example with quizzes or flashcards, instead of only re-reading.
Spaced practice	Spreading revision over days and weeks rather than cramming it into one session.
Interleaving	Mixing different topics or question types in one session instead of doing one block at a time.
Elaboration	Explaining ideas in your own words and linking them to what you already know.
Dual coding	Combining words with diagrams or images to help you understand and remember.
Metacognition	Thinking about how you learn: planning, checking and adjusting your methods.

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