

# 5 EFFECTIVE STUDYING TECHNIQUES

## THAT ARE BACKED BY RESEARCH



### 1 PRE-TEST

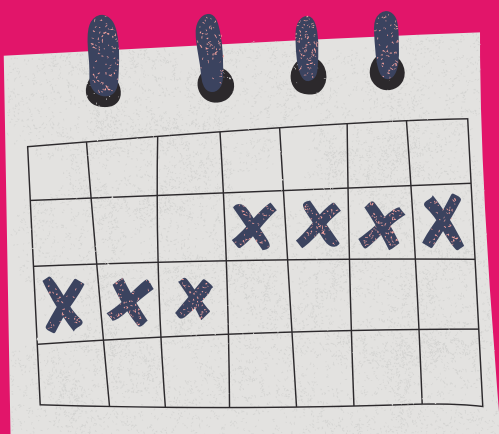
When you practice answering questions, even incorrectly, before learning the content, their future learning is enhanced. Research has shown that pre-testing improves post-test results more than spending the same amount of time studying.



### 2 SPACED PRACTICE

Spacing out study sessions—focusing on a topic for a short period on different days—has been shown to improve retention and recall more than massed practice. The book How We Learn explains that spaced practice can feel difficult due to an initial forgetting of knowledge—reacquiring that knowledge takes effort.

Creating flash cards that can be used for spaced practice and self-quizzing is effective. You should create different piles when reviewing the flash cards. The cards you're able to answer immediately should be placed in a pile to review three days later; those answered with some difficulty should be reviewed two days later; and those that they answered incorrectly should be reviewed the next day.



### 3 SELF-QUIZZING

Testing has a negative connotation in this era of standardized testing, but it is a form of active retrieval practice. Make test questions for yourself as you learn a new concept, thinking about the types of questions your teacher might ask on a quiz or test. You should incorporate these quizzes into your study sessions, answering every question, even those you believe you know well.



### 4 INTERLEAVING PRACTICE

You may rely on blocked practice, studying a set of problems—such as multiplication problems—as a group until you feel mastery. A more effective method of studying is to work on a set of problems that are related but not all of the same kind—for example, a set of math word problems that call for addition, subtraction, multiplication, or division. The consecutive problems cannot be solved with the same strategy. This is more effective than doing one multiplication problem after another.



### 5 PARAPHRASING AND REFLECTING

Many of us have read a few paragraphs in a textbook only to realize that we didn't retain a single concept or key point presented in those paragraphs. To combat this, you can utilize intentional learning strategies. These include relating what is being learned to prior knowledge, thinking about how you would explain the content to a 5-year-old, and reflecting on and asking questions about the content.



Read the full article from Edutopia [here](#)

