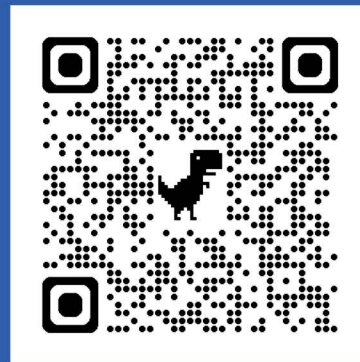


HERE ARE SOME  
RESEARCH-BASED STUDY  
SKILLS PROVEN TO BE  
EFFECTIVE FOR  
RETAINING  
INFORMATION!

## Want to learn more about study skills?

Sign up for a meeting with  
a peer coach or peer tutor  
by downloading the Penji  
app or scanning the QR  
code:



Center for Academic Enrichment (CAE)  
Preus Library, Suite 108  
(563) 387-1270  
[cae@luther.edu](mailto:cae@luther.edu)

# STUDY TIPS

Center for Academic Enrichment  
(CAE)

# LUTHER COLLEGE®

## Practice Testing

Make various questions relevant to the topic you are studying and answer them as if you are taking an end-of-the-unit test. You can use unit outlines, textbook resources, summaries, or your own notes to create questions.

## Interleaved Practice

Study different types of problems in one study session. Answer different types of questions, review previously learned information, and incorporate background knowledge.

## Spaced Retrieval Practice

This works great with flashcards - both physical flashcards and programs like Quizlet or Anki. Wait until you have almost forgotten material before reviewing it. The better you know the material, the longer you should wait before quizzing yourself on it again.

## Self Explanation

Teaching someone about what you're studying helps you learn. Phone a friend or family member who would be willing to hear about what you're learning and explain what you're studying to them as part of your study session.

## Pomodoro Technique

Pick a task you need to get done. Commit to working on it for 25 minutes and set a timer. Focus on the task until the timer goes off, then take a break! Repeat 4 times, then take a longer break. This is a great technique for motivation and focus.

## Mnemonic Devices

Mnemonics are acronyms or short phrases/sentences that represent longer and more complex bits of information (like ROY G. BIV). Mnemonics are most helpful if you make them yourself.

## Note-Taking Strategies

### General Tips:

- Taking notes by hand typically works better for retaining information
- Adding visual elements (like drawings and diagrams) helps a lot

### Specific Strategy - Cornell Notetaking:

Divide notebook into 3 sections

1. Notes
2. Main ideas, concepts, vocab
3. Summary

### Reviewing Notes:

- Within 24 hours of notetaking
- Find a quiet area without distractions
- Make the process interactive