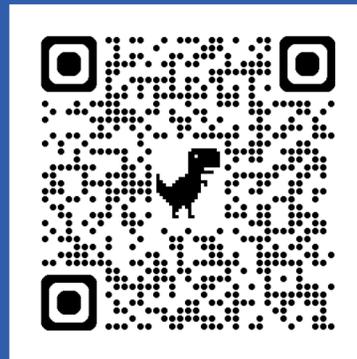


HERE ARE SOME
RESEARCH-BASED STUDY
SKILLS PROVEN TO BE
EFFECTIVE FOR
RETAINING
INFORMATION!

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

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