

# Teach your Students Effective Study Strategies



## Self-elaboration

Have your students record themselves explaining the lesson that they are trying to learn to someone who isn't familiar with the course.



## Retrieval practice

Teach your students how to extract information from their minds by writing down notes and cross-checking these notes.



## Make meaningful connections

Encourage your students to connect ideas and concepts they've learned to real world examples. A good tool for this is a set of flashcards to make connections to each card.



## Spaced practice

Instead of a solid, one-hour time block for studying, allow your students to break it into smaller, 20-minute sessions. This will help them boost their memory in the long run.