

How to Use This Study Strategy Chart

The chart below outlines some of the most effective evidence-based study strategies to help you learn, retain, and apply course content. Each strategy includes a definition and a rating of its effectiveness (*efficacy*) based on research.

Instructions:

- Read through each strategy and its definition to understand what it involves.
- Focus on strategies rated “Excellent” or “Great” these have the strongest impact on learning and memory.
- Consider which strategies you already use, and which ones you could begin incorporating into your study routine.
- Use the chart as a reference when creating your weekly study plan, preparing for exams, or reviewing class content.

STRATEGY	DEFINITION	EFFICACY
Readings: Highlighting / underlining	Highlight facts the first time you read your notes and textbook.	Good
Readings: Annotation	Reread your textbook or notes for the second time, this time annotate in the margins.	Good
Readings: Summarization	Writing summaries of your lectures after every lecture. Add these to your study guide.	Excellent
Retrieval practice or self-testing	Recalling information from memory. Self-testing or taking practice tests about to-be-learned material.	Excellent
Distributed practice or spaced repetition	Spreading study sessions out over a period of time (i.e. every other day).	Excellent
Interleaved practice	Creating schedules where you study different subjects during a single study session or implementing a schedule of practice that mixes different kinds of problems (i.e. math, science).	Excellent
Elaborative interrogation	Elaborating on the fact to provide an explanation for why a fact or concept is true. Answer who, what, where, why and how.	Great
Self-explanation	Explaining how new information is related to something you already know or explaining the steps you took while solving a problem.	Great
Mnemonic	Using acronyms to remember longer combination of words e.g. WLU.	Great
Mental Models or cues	Trying to form mental imagery to associate verbal materials.	Good
Massed practice	Involves learning a large amount of material over a short period of time (cramming).	Not so effective

Visualization of materials	Start creating tables, charts, timelines, Venn diagram, concept maps, mind maps, label drawings & diagrams.	Excellent
Teach Someone Else	Take 5 min to teach someone else a concept you believe you know well.	Excellent
Generate answers	Generate answers from your memory and in your own words. Then cross check this information with your course content.	Excellent
Repetition	Review your course content utilizing various approaches above, repeating exposure.	Excellent & Necessary

Last Updated: Jul. 7, 2025