

Make It Stick

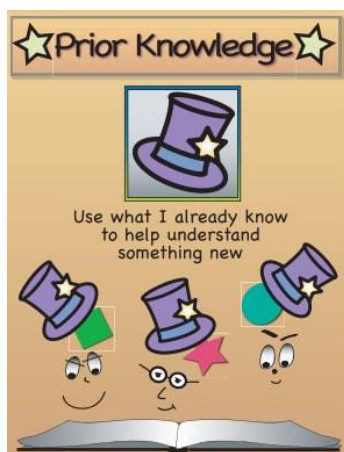
The Science of Successful Learning

Fluency vs. Mastery

rereading notes and cramming vs. active recall & spaced repetition

Elaborate

Build new knowledge on previous knowledge

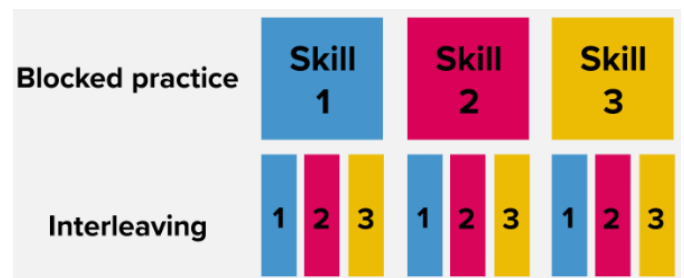


Active Recall

Flashcards, Quizzing, & Pre-tests

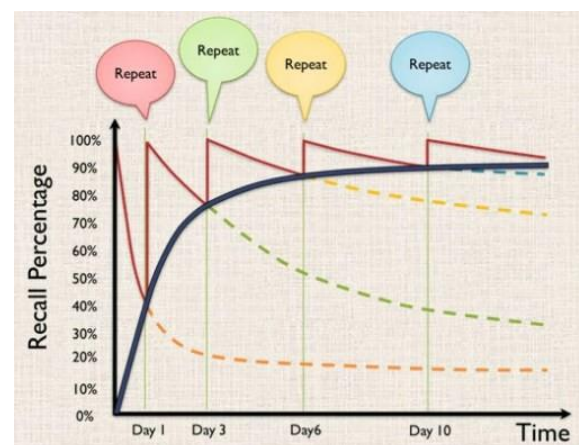
Interleave

Switching subjects often to avoid losing focus



Spaced Repetition

Spread out your studying over time



Best time to study

Right after class, write about lecture for 10 minutes, reflect on biggest topics/concerns, and relate it to what you know!