6 Strategies for Smart Learning

Use the Science of Learning to improve your teaching and learning.

Spaced Practice
- Break content into short sessions over many days
- Do not review the same content every day
- Learn, forget a bit, then relearn for longer retention

Interleaving
- Switch between topics during a review
- Answer different types of questions
- Make connections between different topics

Concrete Examples
- Use specific examples to explain abstract ideas
- The more examples, the better
- Compare examples to build understanding

Elaboration
- Dig deep to understand
- Ask how and why questions
- Make connections to different ideas, courses, and life

Dual Coding
- Summarize images
- Draw or use graphic organizers to describe a concept
- Create more connections with both images and text

Retrieval Practice
- Answer questions from memory
- Use low-stakes quizzes and homework activities
- Practice recall to strengthen learning