USE SPECIFIC EXAMPLES TO UNDERSTAND ABSTRACT IDEAS

CONCRETE EXAMPLES

DUAL CODING

COMBINE WORDS & VISUALS

ELABORATION

EXPLAIN & DESCRIBE IDEAS WITH MANY DETAILS

INTERLEAVING

SWITCH BETWEEN IDEAS WHILE YOU STUDY

ACB CBA ΔCA TOPICS

RETRIEVAL PRACTICE

PRACTICE BRINGING INFORMATION TO MIND

SPEEDING

SPACED PRACTICE

SPACE OUT YOUR STUDYING OVER TIME

TESTING SKETCHING

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