

Effective Study Techniques ...

Make SAFMEDS cards to help you study, they're like cue cards but better!

(Say. All. Fast. A Minute. Every. Day. Shuffled.)



Key ideas

By Dr. Ogden Lindsley

1. Have a word or simple idea per side (fewer the words the better)
2. Do brief timed sessions, no more than one minute long (keep the same time)
3. Say as fast as possible
4. Build accuracy and speed
5. Respond out loud
6. Use the entire deck of cards (20 cards plus)
7. Do this at least once per day
8. Shuffle the cards each time
9. Put errors to one side when testing
10. You can study the cards before testing
11. The learner is the one holding and flipping the cards
12. Record your daily tally
13. After you get 100% accuracy, work on speed.

The Science of Revision: 9 ways students can revise more effectively

By Bradley Busch registered psychologist

1. Eat breakfast
2. Put your phone away
3. Start revision early and spread it out across days
4. Test yourself (see SAFMEDS cards above)
5. Teach someone else
6. Ditch the highlighters – highlighting is not successful
7. Don't listen to music
8. Get fresh air and exercise
9. Sleep.

Improving Students' Learning With Effective Learning Techniques

<http://www.indiana.edu/~pcl/rgoldsto/courses/dunloskyimprovinglearning.pdf>

You can see that the best techniques are:

1. Making yourself a schedule that spreads over time. Start now!
2. Testing yourself (see SAFMEDS cards above).

Table 1. Learning Techniques

Technique	Description
1. Elaborative interrogation	Generating an explanation for why an explicitly stated fact or concept is true
2. Self-explanation	Explaining how new information is related to known information, or explaining steps taken during problem solving
3. Summarization	Writing summaries (of various lengths) of to-be-learned texts
4. Highlighting/underlining	Marking potentially important portions of to-be-learned materials while reading
5. Keyword mnemonic	Using keywords and mental imagery to associate verbal materials
6. Imagery for text	Attempting to form mental images of text materials while reading or listening
7. Rereading	Restudying text material again after an initial reading
8. Practice testing	Self-testing or taking practice tests over to-be-learned material
9. Distributed practice	Implementing a schedule of practice that spreads out study activities over time
10. Interleaved practice	Implementing a schedule of practice that mixes different kinds of problems, or a schedule of study that mixes different kinds of material, within a single study session

Technique	Utility
Elaborative interrogation	Moderate
Self-explanation	Moderate
Summarization	Low
Highlighting	Low
The keyword mnemonic	Low
Imagery use for text learning	Low
Rereading	Low
Practice testing	High
Distributed practice	High
Interleaved practice	Moderate