

Steps to Success Strategies for Effective Independent Learning

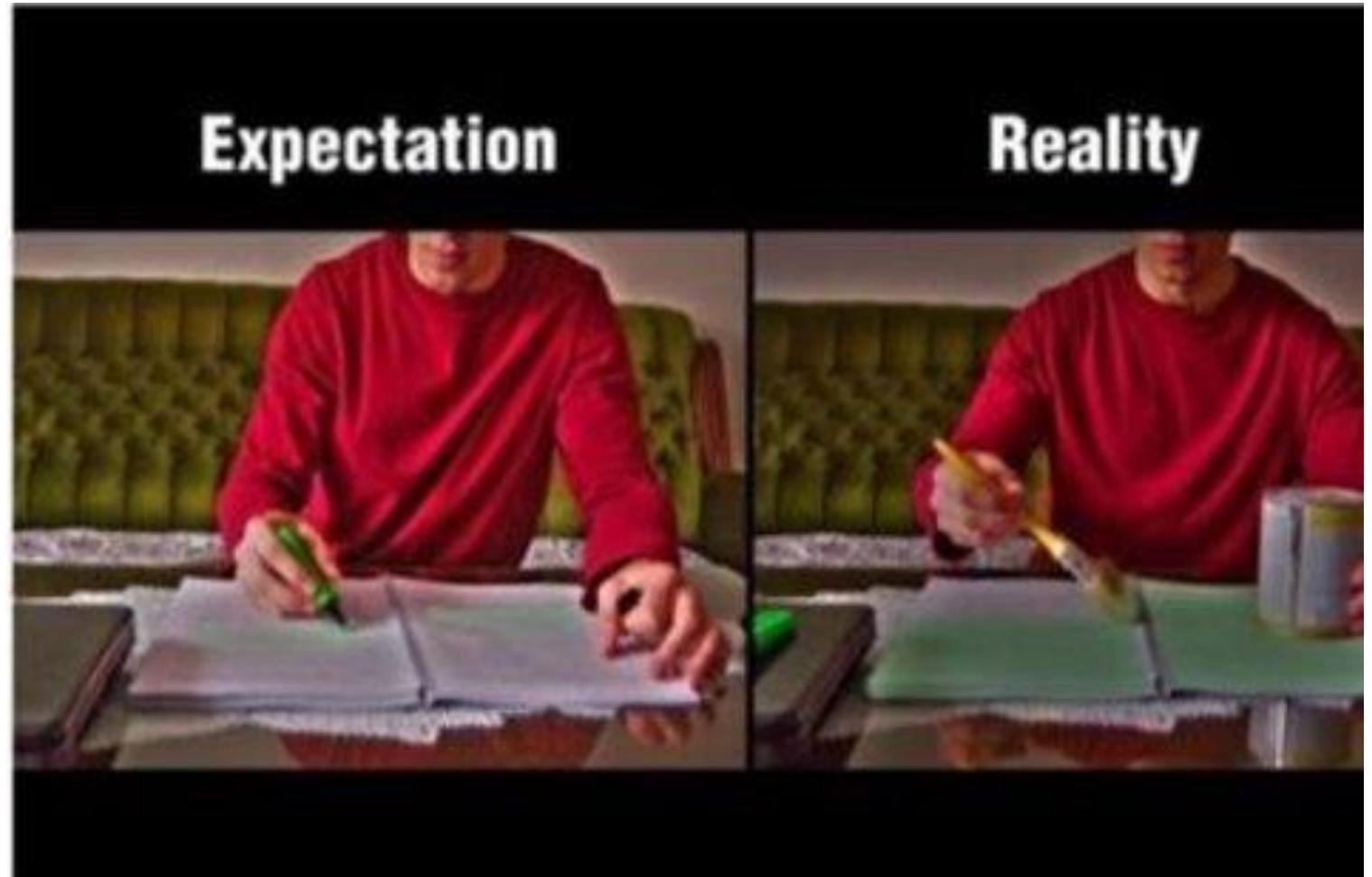
Ideas from

<http://www.learningscientists.org>

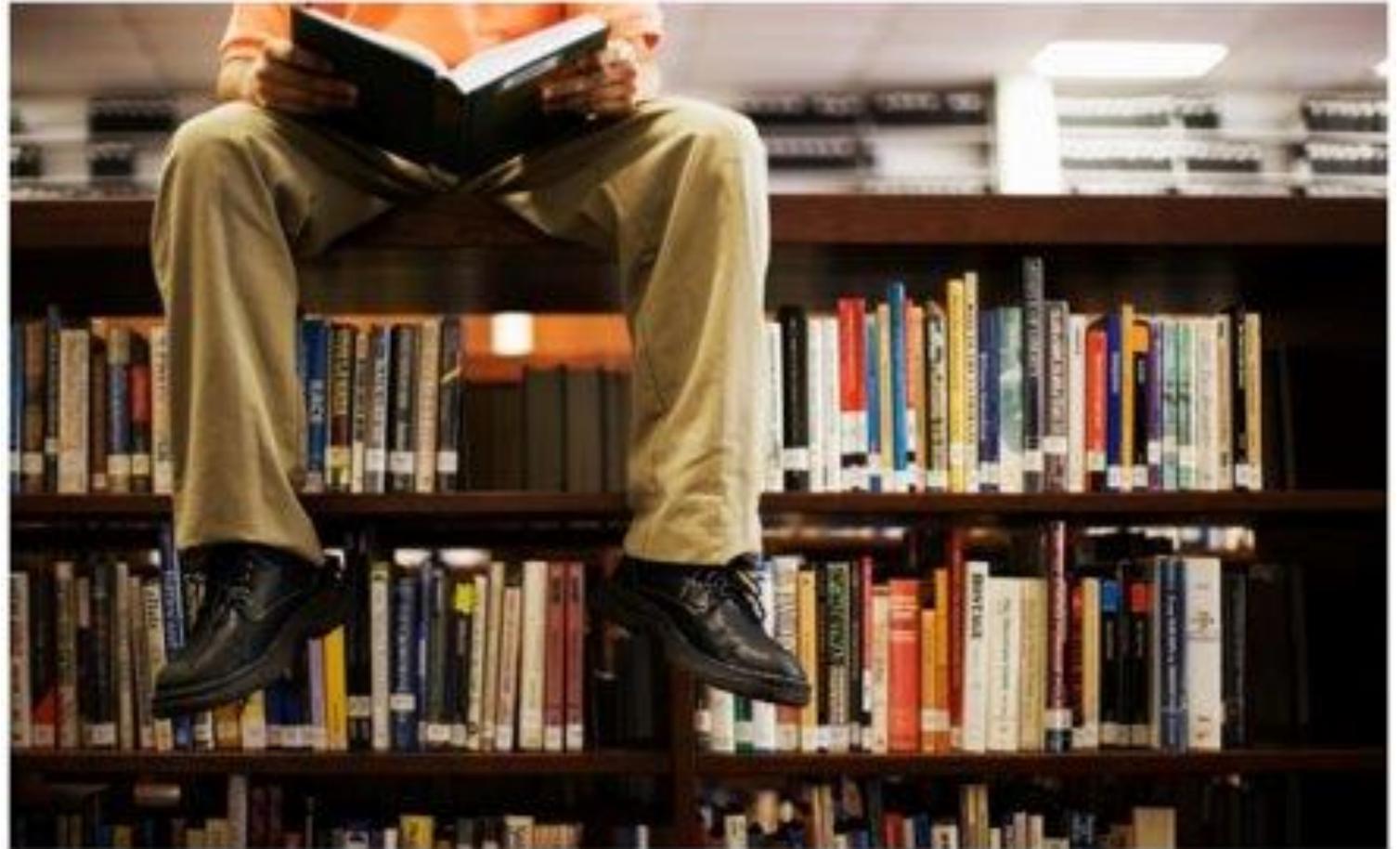
What's Not Effective?



Highlighting



Re-reading



Summarising

I 
to Summarize



Why?

- Low challenge
- Little thinking required
- Makes you feel like you are 'doing something' – a false sense of accomplishment

What's Very Effective

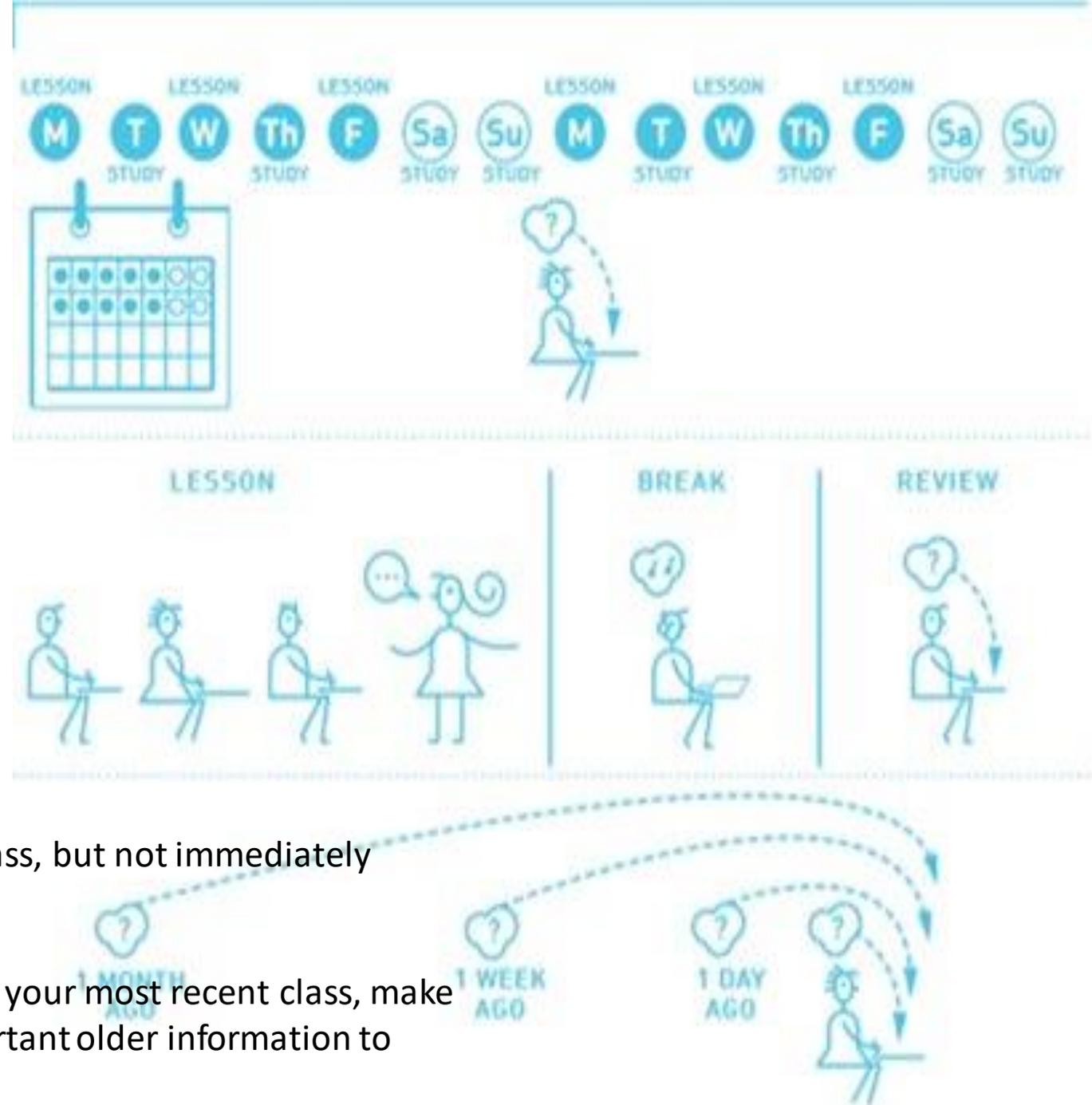


Spreading 4 hours of independent study over a number of days is better than the same 4 hours all at once.

Spaced Practice

Review information from each class, but not immediately after class

After reviewing information from your most recent class, make sure you go back and study important older information to keep it fresh.



Retrieval Practice

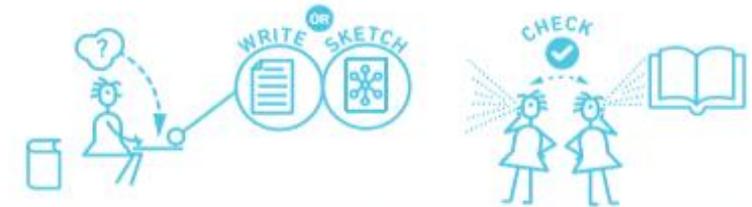
- Recreate something you've learned in the past from your memory
- Retrieve the ideas and information a while after learning it in class or from a book. It needs to be a little difficult to remember
- You will be more likely to remember information later.

How?

- Practice questions or make your own.
- Create flashcards and quizzes but not just for definitions – link the concepts.

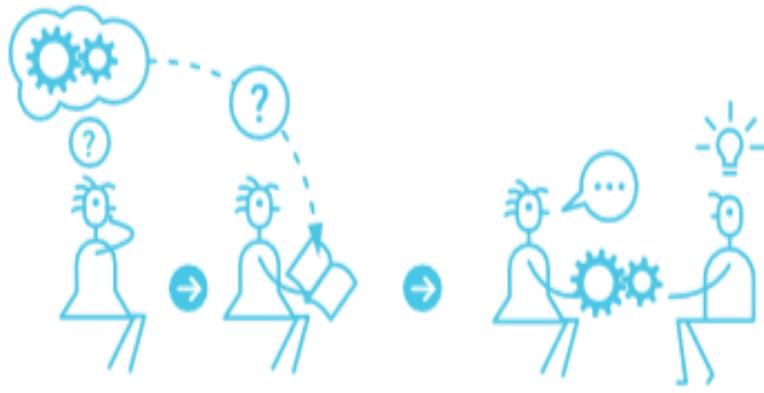
- Write down everything you know about a topic.

- Sketch everything you know about a topic.



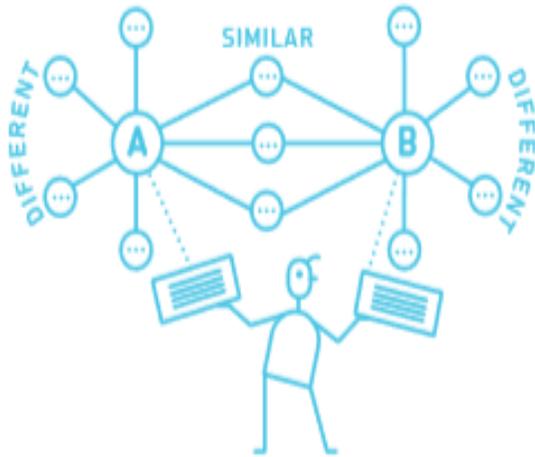
CHECK FOR ACCURACY AFTER RETRIEVAL PRACTICE with a study buddy in your class.
IT'S DIFFICULT BUT IT WORKS!

Elaboration

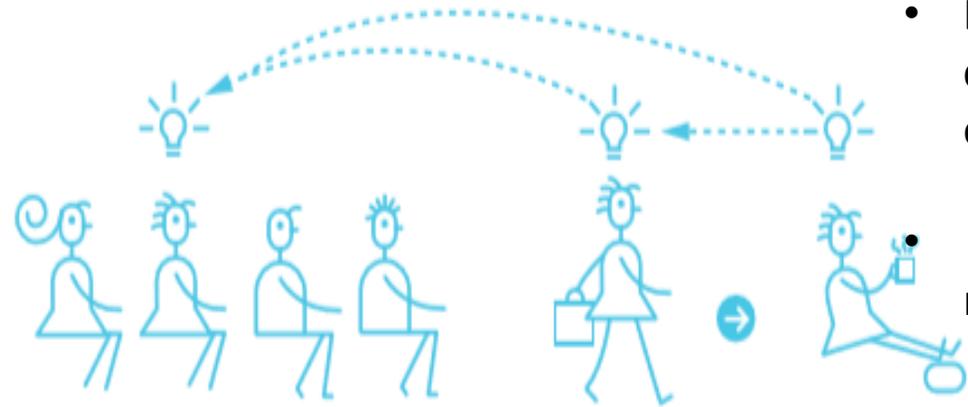


- Explaining and describing ideas with many details Making connections between ideas that you are learning
- Making connections between what you are learning and your own experiences.

How?

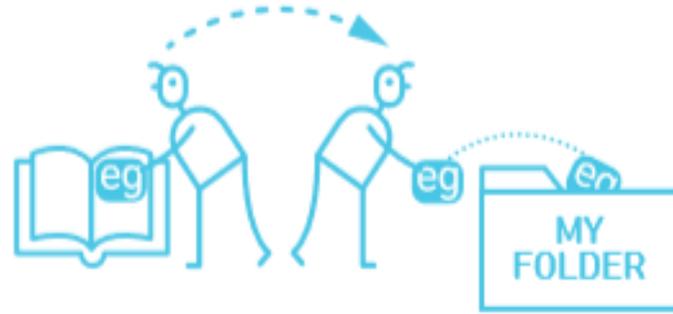


- Ask yourself questions about how or why things happen, and then find the answers in your books.
- Make connections between the ideas you are learning by comparing them – what is similar or different about the two ideas?



- Explain to yourself how what you are learning can be connected to your world and experiences.
- Work your way up to elaborating without notes.

Concrete Examples



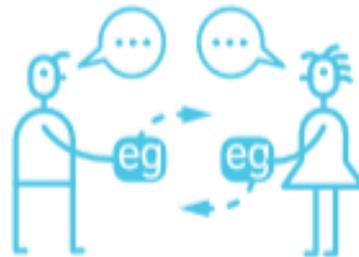
- Using specific examples to explain abstract ideas
- To really understand an abstract idea you have to connect it to something concrete.

How?



- Take the abstract idea and use it to illustrate something concrete.
- Find concrete examples in your books, other classroom materials and on displays around college.
- Find concrete examples in your everyday life and share.
- Not all concrete examples are accurate, so check ones that are new to you.

IT'S DIFFICULT BUT IT WORKS!



Interleaving



TOPICS
A B C



STUDY
SESSION
1

TOPICS
C B A



STUDY
SESSION
2

TOPICS
A C B

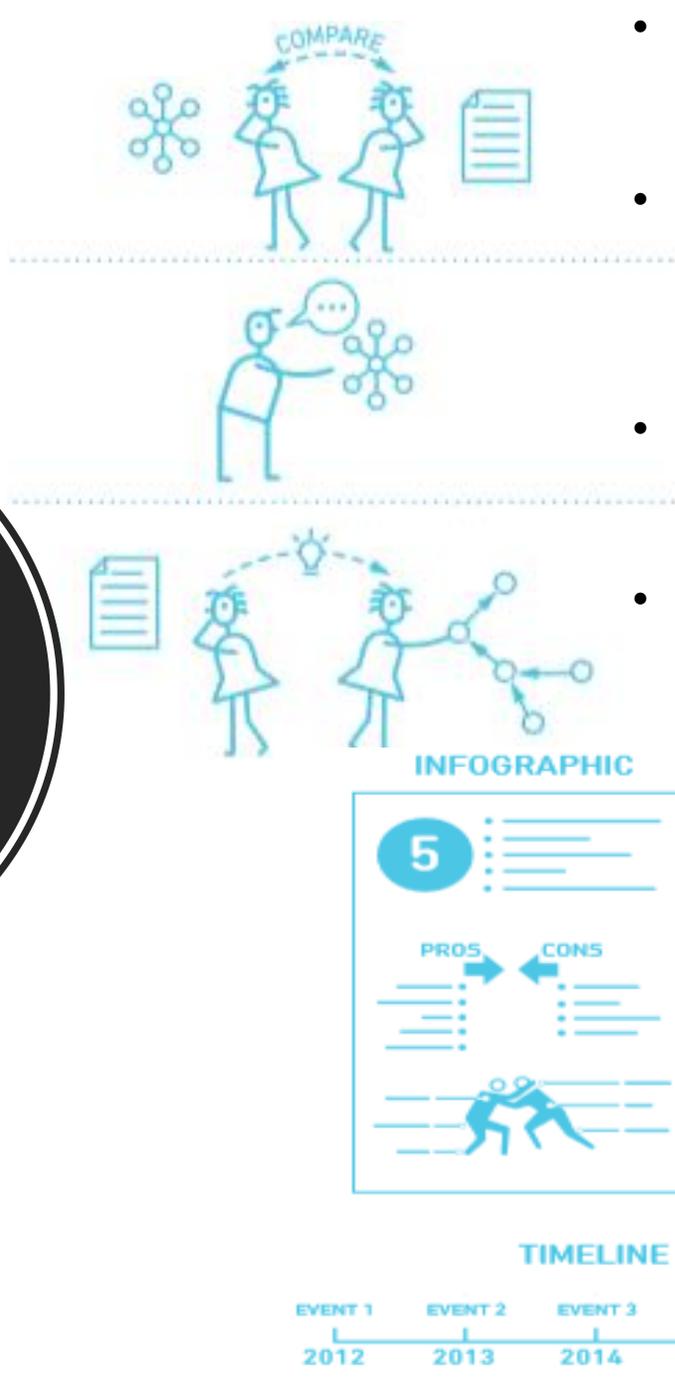


STUDY
SESSION
3

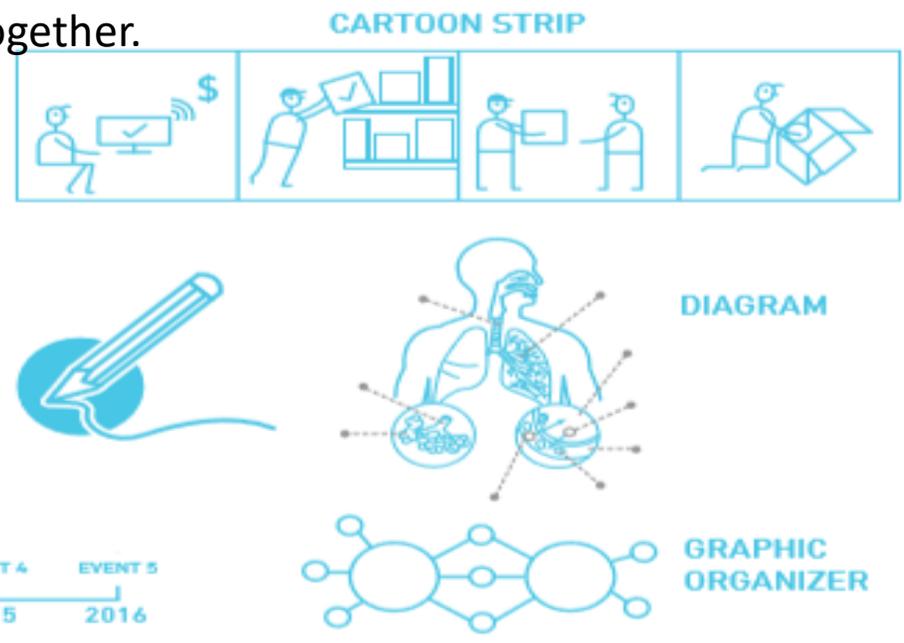


- Switch between ideas/concepts within a subject study session. Don't study on thing too long but make sure you understand before you move on.
- Go back over the ideas again in different orders to strengthen your understanding.
- Make links between different ideas as you switch between them.

Dual Coding



- Look at your class materials and find visuals to match/compare.
- Look only at the visuals, and explain in your own words what they mean. Explaining it to someone else is even better!
- Take information that you are trying to learn, and draw visuals to go along with it.
- Try to come up with different ways to represent the information visually, for example an infographic, a timeline, cartoon strip, or a diagram of parts that work together.



Improve your focus in independent study using the 'Pomodoro' Technique

25 Mins on: 5 Mins off

Find out more by clicking on the blog link below:

'Pomodoro'
Technique



[The Pomodoro Technique](#)