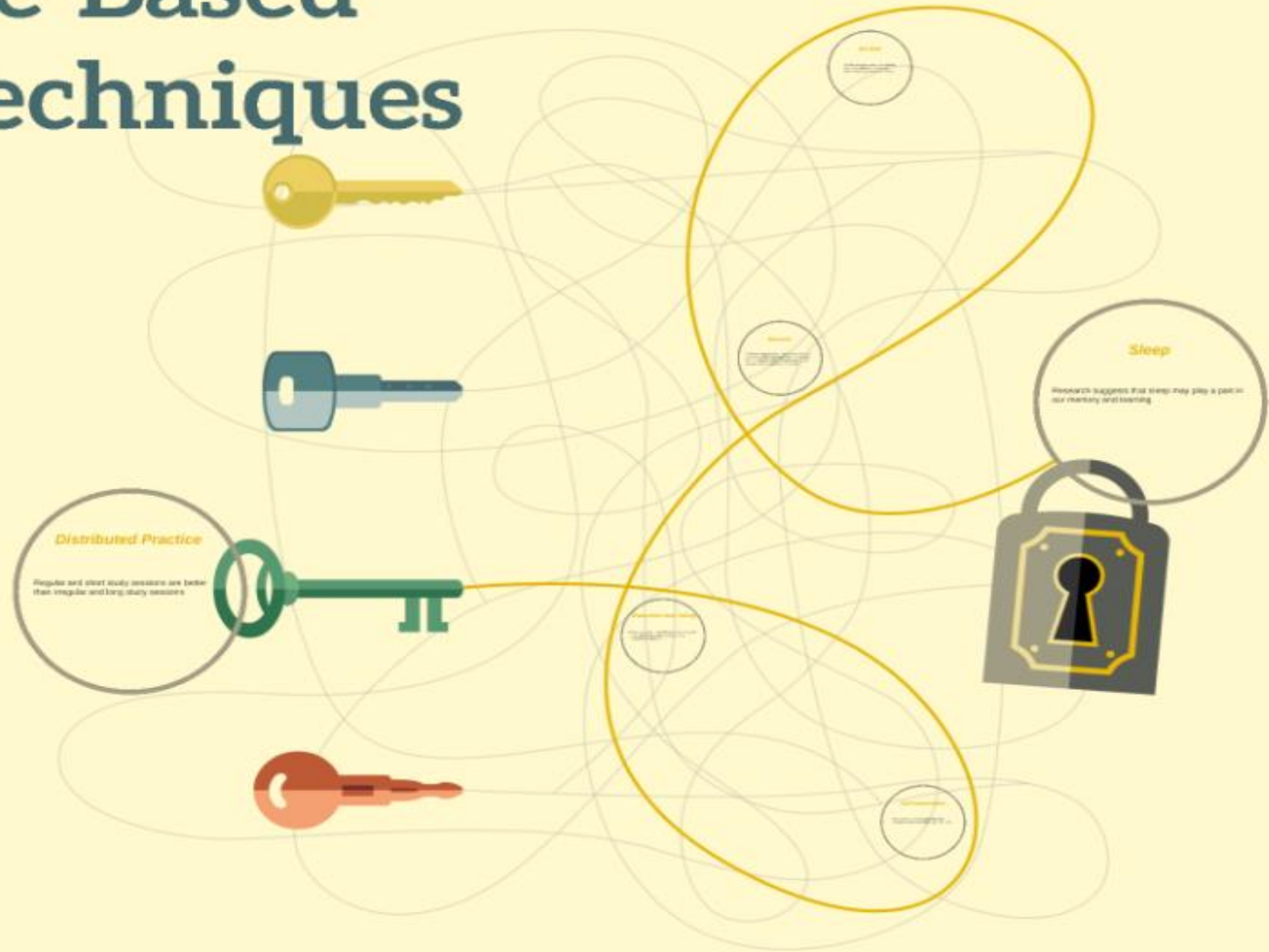


# Evidence-Based Study Techniques



## ***Distributed Practice***

Regular and short study sessions are better than irregular and long study sessions

## ***Elaborative Note-Taking***

Relate the current material to previous material in your notes; tell a story about why the information is important

## ***Self Assessment***

Mimic previous exam questions and format and write (and take) your own test

## *Exercise*

Evidence suggests that regular exercise (even just taking walks) stimulates brain cell growth. During a regular (and relatively short) study session, take a break for a short walk.

## ***Eat Well***

Just like exercise, adequate nutrition  
also helps with brain cell growth.  
Have a salad (but not a taco salad).

## *Sleep*

Research suggests that sleep may play a part in our memory and learning.

Brown, Deborah. "Learning About the Brain and the Effect on College Students' Study Skills." *The Scholarly Teacher: Applying Evidence-Based Strategies to Enrich Student Learning*. 25 March 2016. Accessed 2 Dec. 2016.

Murray, Brian J. and John Peever. "What Happens When We Sleep?" *Scientific American*. n.d. Accessed 2 Dec. 2016

Zakrjesk, Todd and Terry Doyle. *The New Science of Learning: How to Learn in Harmony With Your Brain*. Sylus, 2013.