

15 STRATEGIES FOR BETTER LEARNING



**CREATE MENTAL IMAGES
OF YOUR NOTES**

**STUDY WITH
FRIENDS**

**RECORD YOURSELF
READING THE MATERIAL
AND PLAY IT BACK
AFTERWARDS**

**PREPARE NOTE CARDS
OR QUIZ QUESTIONS**

**MANIPULATE MATERIALS
OR DO OR WATCH
DEMONSTRATIONS**

**UNDERLINE OR HIGHLIGHT
YOUR TEXT USING
COLOURED MARKERS**

STUDY WHILE MOVING
(you can pedal a stationary
bike, manipulate stress balls,
do jumping jacks in between
two segments!)

**SHARE, DISCUSS,
OR HAVE DEBATES
ON THE MATERIAL**

**WATCH VIDEOS ON THE
MATERIAL OR MOVEMENT
TO LEARN**

**EXPLAIN THE MATERIAL
TO SOMEONE ELSE**

**LOOK FOR EXAMPLES
TO UNDERSTAND THE
MATERIAL OR EXPLAIN IT**

**ASK QUESTIONS OR
GET HELP**

**SUMMARIZE AND
TAKE NOTES**

READ OUT LOUD

**MAKE GRAPHS, TABLES
OR DRAWINGS OF WHAT
YOU HAVE TO STUDY**

