

# 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