

Strategies for Successful Students

REFERENCES

STRATEGY 1: LET YOUR BRAIN DO THE WORK WHILE YOU SLEEP

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“... advances in neuroscience led researchers to carry out a variety of careful studies in both humans and animals, which provide clear evidence that sleep is indeed important for at least some types of memory and learning. In particular it seems to secure memories, termed procedural memories, which help people learn skills.”

STRATEGY 2: CHECK YOUR UNDERSTANDING

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“The benefits of spacing on long-term retention, called the spacing effect, have been demonstrated for all manner of materials and tasks, types of learners (human and animal), and time scales; it is one of the most general and robust effects from across the entire history of experimental research on learning and memory.”

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“Use quizzing to promote learning: The panel judged the level of evidence supporting this recommendation to be strong based on nine experimental studies examining the effects of this practice for improving K-12 students' performance on academic content or classroom performance.”

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STRATEGY 3: MAKE EVERY EFFORT COUNT

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STRATEGY 4: MANAGE YOUR LEARNING PROCESS

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STRATEGY 5: PRACTICE POSITIVE SELF-COACHING

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BONUS STRATEGY: DRINK WATER

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