

## **EFFECTIVE STUDYING METHODS**

### **First checkpoint**

#### *Double encoding / dual coding*

Learn psychological concepts by encoding them in two forms of stimuli: words and visual representations e.g., pictures, diagrams, and graphic organizers. Try to integrate the verbal explanation with the visual as much as you can.

#### *Extracting keywords*

Read a passage of text, extract keywords and write them down on the margin. The keywords should represent a key point in a paragraph, for example. The keywords should summarize the gist of the passage.

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### **Second checkpoint**

#### *Drawing charts and mind-maps*

Read a passage of text and build a mind-map and/or draw a chart that explains the gist of the text. The chart and/or the mind-map should explain the main contents of the passage with their relationships.

#### *Elaborating*

Read a passage of text. After reading the text, try to describe it with as many details as you can. Try to connect any idea you have learnt from the passage to your own experiences, memories, and day-to-day life. Try make as many connections as you can. You can use simple questions like “how?”, “why?”, “when?” and “what?” to elaborate the topic you are studying.

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### Third checkpoint

#### *Creating and answering questions*

(1) Before reading a passage of text, think of questions you want an answer to. Write down the questions. Then start reading the passage. Did you get an answer to your questions?

(2) Read a passage of text. After reading the text, think of questions the passage gives answers to. Write down the questions.

#### *Testing*

Read a passage of text. Compile a test/exam that relates to the contents you just read. After you have planned your test/exam, make the test/exam by yourself and/or make your friend to take the test/exam. Remember that tests/exams can take many forms: multiple choice, drawing, reading, writing, activities etc. Remember to specify what the respondent should be doing in the test/exam.

#### *Teaching*

Read a passage of text. Think of how you could teach the contents to your friend. After you have planned your teaching session, teach your friend. Remember that teaching doesn't have to be lecturing, although that might not be a bad idea. Teaching can be an activity, task, conversation, anything that enables to learn a content.