

Six Strategies **IMPACT** Your Learning

Psychological research reveals six strategies that help you improve your study skills, learn more, and succeed in school.

Improving

When you adopt a *growth mindset*, you believe you can do the hard work to change how you think, feel, and act to improve in the areas you have identified.



Monitoring

Self-regulated learning helps you set goals, plan your studying, use good study strategies, and check your progress.



Practicing

By actively answering questions across several study sessions, you use *repeated practice*, which will improve your quiz and test performance.



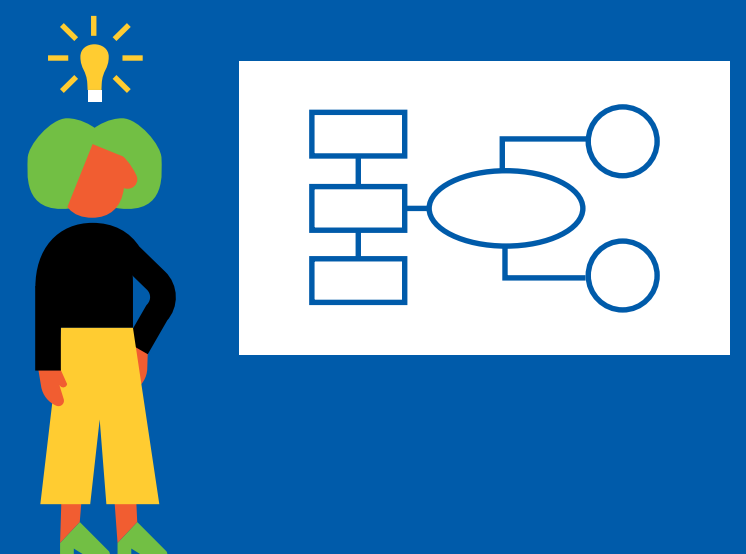
Attending

By focusing your *selective attention* on what you need to study and by ignoring distractions, you will remember better.



Connecting

You can use *cues* to help you remember when you connect new information with your own knowledge, skills, and experiences.



Thinking Deeply

When you use *elaboration*, you use an active process of explaining ideas and giving examples in order to learn better.

