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<th>PRINCIPLE</th>
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| 1. **Selectivity** | Sorting out the main ideas from the insignificant details. If you try to remember everything, you will overload your working memory. | • Notice topics or themes that are repeated  
• Use textbooks clues to determine important info |
| 2. **Association** | Making connections between pieces of information. The more ways you’ve connected info, the more ways you can attempt to retrieve it. | • Link new info to what you already know  
• Link info to mental images  
• Link info to a personal experience |
| 3. **Visualization** | Making mental images or “movies” in your mind. | • Visualize yourself doing well on tests, etc.  
• When reading, try to visualize what you read.  
• Make visual images in your head of terms and definitions. |
| 4. **Elaboration** | Working with info in new ways to make it more meaningful. | • Ask yourself questions as you learn. “How does this apply? Can I use this? Do I understand?”  
• Try to encode info in new ways, discuss it, draw a diagram, etc.  
• When possible personalize the information |
| 5. **Concentration** | Focus your undivided attention on studying. Unnecessary stimuli, such as TV, makes it more difficult for your brain to process info. | • Choose a quiet, well-lit study area  
• Use active learning techniques to keep yourself engaged. |
| 6. **Recitation** | Explain information out-loud, in your own words, in complete sentences | • Practice reciting info before class discussions  
• Recite key terms  
• Self-quiz by predicting test questions and reciting their answers |
| 7. **Intention** | Set the stage for learning by approaching studying prepared, and in a positive mental state. Set goals for your study time. | • List your priorities  
• Set specific study goals  
• Create a plan to reach your goals  
• Tell yourself you should remember this information |

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| 8.  | Big and Little Picture| Understanding main ideas and supporting details.                                                                                                 | • In your notes, use main ideas as headings, and list supporting details below them  
• Use visual mapping to show main ideas and supporting details |
| 9.  | Feedback              | Testing your knowledge of the material.                                                                                                          | • Recite info without using your notes  
• Use flash cards  
• Cornell Note-taking  
• After reading a chapter, try to write a summary without looking back.  
• After reading a paragraph, try to recite the important info without looking |
| 10. | Organization          | Well-organized info is easier to remember                                                                                                        | • Caterize info into lists  
• Make tables or charts  
• Use time-lines or other visual organizers |
| 11. | Time on Task          | Spend sufficient time learning the material. Review material consistently                                                                       | • Use spaced practice. Review your old notes before class, or before reading the next chapter.  
• For each hour spent in class, plan on spending two hours studying outside of class.  
• Use 50 minute study blocks. Focus on one subject at a time. |
| 12. | Ongoing Review        | Practicing previously learned information                                                                                                        | • Continuously review the information you have learned to create stronger connections in your memory |