

T³: Today's Teaching Tip

From Cognitive Psychology: Effective learning & revision techniques*

- How do we ensure that our learning techniques are effective?
- A meta study evaluating the effectiveness of ten popular learning methods identified the following top two techniques:
- **Practice testing** refers to any form of testing for learning which a student is able to do on their own. More practice is likely to improve learning via a variety of direct and mediated effects.
- **Distributed practice** refers to distributing the learning over time, not cramming. Time lags between learning episodes boost learning, despite the fact that people might initially forget more of the material between the individual sessions.
- **The advice is simple**; start early and ensure that you revisit and review the material you have already revised.

* Full article: [Improving Students' Learning With Effective Learning Techniques: Promising Directions From Cognitive and Educational Psychology](#).