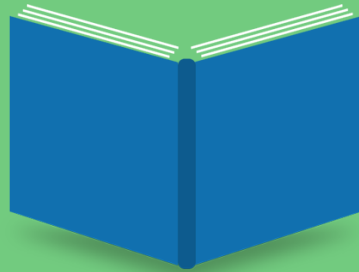# 10 Learning Techniques Which are Most Efficient

High Utility:

☐ 1. Practice testing

☐ 2. Distributed practice

Moderate Utility:

☐ 3. Elaborative interaction

☐ 4. Self-Explanation

☐ 5. Interleaved practice

Low Utility:

☐ 6. Summarization

☐ 7. Keyword mnemonics

☐ 8. Visualizing

☐ 9. Highlighting & underlining

☐ 10. Rereading