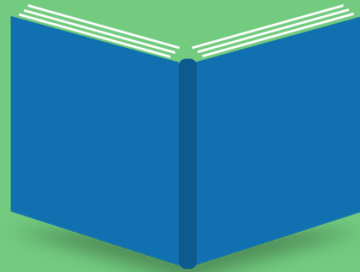


10 Learning Techniques Which are Most Efficient



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