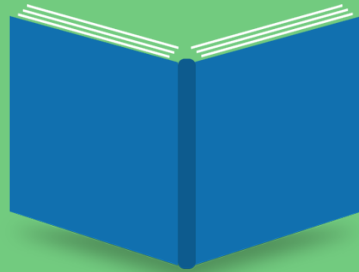


10 Learning Techniques Which are Most Efficient



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