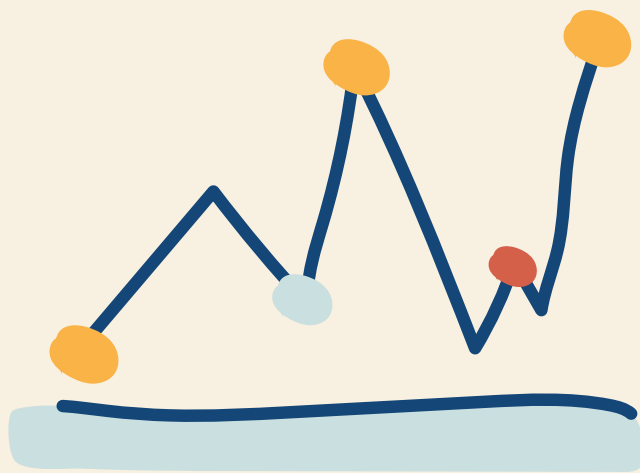




STUDY TECHNIQUES: DISTRIBUTED PRACTICE



The key to using it successfully:

Don't waste time. Use those short intervals to review and remember!



Distributed Practice takes advantage of the brain's ability to concentrate for short periods of time.



Got 30 minutes? Read and annotate a few pages. Study your notes. Quiz yourself.



Short, frequent sessions add up throughout the day. Your brain will get lots of practice retrieving the information.