



University
of Vermont

MASTER YOUR MAJOR!

Learn how to apply evidence-based strategies to excel in your courses.

STRATEGY	DEFINITION
 Retrieval Practice	Actively recall information from memory to strengthen understanding and improve long-term retention.
 Dual Coding	Integrate verbal and visual information, such as combining text with diagrams or illustrations, to enhance comprehension and memory.
 Interleaving	Alternate between different topics or concepts during study sessions to deepen understanding and improve application across contexts.
 Concrete Examples	Apply specific, relatable examples to clarify and solidify abstract or complex concepts.
 Elaboration	Expand ideas by connecting them to existing knowledge and providing detailed explanations and descriptions.
 Spaced Practice	Distribute study sessions over time to reinforce learning and combat forgetting, leading to better retention.

MAJOR: Engineering

EXAMPLE TOPIC: Fluid Mechanics



Recall and define three key concepts in fluid mechanics.



Relate fluid mechanics principles to real-world engineering applications, such as pipeline design.



Create a diagram of fluid dynamics in a pipe with annotations explaining the flow properties.



Explain the importance of the Reynolds number in determining flow type.



Alternate solving fluid mechanics problems with thermodynamics problems.



Review fluid mechanics equations for 15 minutes three times a week.