



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: Health Professions

EXAMPLE TOPIC: Anatomy of the Cardiovascular System



Sketch the heart from memory, labeling chambers and major vessels.



Use an annotated diagram of blood flow through the heart and body.



Alternate between studying cardiovascular, respiratory, and nervous systems.



Relate the role of valves to everyday plumbing systems.



Discuss why high blood pressure damages arteries, with examples of long-term impacts.



Practice identifying heart structures in a model or diagram every few days.