



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: Natural Resources and Conservation

EXAMPLE TOPIC: Ecosystem Services



List the types of ecosystem services (provisioning, regulating, cultural, supporting) without notes.



Link water purification to wetlands and carbon storage to forests.



Pair illustrations of forests, rivers, and agricultural fields with descriptions of the services they provide.



Explain how deforestation in the Amazon affects global ecosystem services.



Study ecosystem services alongside biodiversity and conservation policies.



Spend 15 minutes reviewing ecosystem services every three days.