



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: Psychology

EXAMPLE TOPIC: Operant Conditioning



Recall the definitions of positive reinforcement, negative reinforcement, and punishment.



Relate operant conditioning to real-life contexts, like training a pet or employee motivation.



Use a flowchart to map out examples of operant conditioning scenarios.



Explain why positive reinforcement is often more effective than punishment, citing research.



Combine studying operant conditioning with classical conditioning and observational learning.



Review conditioning theories for 15 minutes every other day.