



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: Social Sciences

EXAMPLE TOPIC: Social Inequality and Stratification



Write a brief essay from memory about the differences between class, caste, and meritocracy.



Use case studies (e.g., the U.S. vs. Nordic countries) to understand inequality in different contexts.



Create a chart that visually compares different stratification systems.



Discuss why social mobility is more limited in some societies, providing examples.



Combine studying social inequality with topics like gender roles and global poverty.



Review one aspect of stratification (e.g., education, income) every other day.