



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 Work

EXAMPLE TOPIC: Trauma-Informed Care



List three key principles of trauma-informed care from memory.



Relate trauma-informed care principles to real or hypothetical case studies.



Draw a mind map connecting trauma-informed care principles to social work practices.



Explain why understanding a client's trauma history is crucial for effective intervention.



Combine studying trauma-informed care with self-care techniques for social workers.



Review trauma-informed care notes for 20 minutes twice a week.