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: Statistics

EXAMPLE TOPIC: Central Limit Theorem (CLT)

Explain the Central Limit Theorem from memory and solve sampling distribution problems.

Draw a diagram showing how sample size impacts the sampling distribution shape.

Alternate practice problems on the Central Limit Theorem, normal distributions, and confidence intervals.

Use real-world data (e.g., customer surveys) to show how sampling distributions approach normality.

Connect the theorem to real-world uses like opinion polling or quality control, explaining its importance.

Review the Central Limit Theorem for 15 minutes every other day, revisiting examples and problems.