

**Retrieval practice (practice testing)**

Active retrieval of information from the memory with the help of practice tests or index cards

high

**Distributed practice**

Learning from learning materials in several sessions over a long period with constant repetition of the learned material in the later sessions

high

**Elaborative interrogation**

Explaining the subject matter by answering “why” questions on facts and concepts

moderate

**Self-explanation**

Explaining the subject matter by connecting up new information learned with prior knowledge

moderate

**Interleaved practice**

Learning different but related learning materials or problems in one learning session

moderate

**Summarization**

Writing down the key points of a text

low

**Imagery for text**

Conjuring up a mental picture of the learning material while learning

low

**Keyword mnemonic**

Finding a mnemonic or memory aid to associate verbal material when learning facts or vocabulary

low

**Rereading**

Repeatedly re-reading text material

low

**Highlighting**

Marking important information by highlighting or underlining the learning material while reading

low