



# 99+

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## *Read ~ to inspire*

20 February 2024

"Make It Stick: The Science of Successful Learning" by Peter C. Brown, Henry L. Roediger III, and Mark A. McDaniel explores the most effective strategies for learning and retaining information. The book challenges common misconceptions about learning and presents evidence-based techniques to enhance learning and memory. Here's a summary:

**Interleaving:** Instead of studying one topic intensively before moving on to the next, mix up your practice sessions with different topics. This helps strengthen connections between different concepts and improves long-term retention.

**Spacing:** Spacing out your study sessions over time, rather than cramming, is more effective for long-term retention. Regularly revisiting material reinforces memory and prevents forgetting.

**Retrieval Practice:** Actively recalling information from memory, rather than simply re-reading or highlighting, is crucial for solidifying learning. Practice recalling information through quizzes, tests, or flashcards to strengthen memory.

**Elaboration:** Engage in deeper processing by connecting new information to existing knowledge or explaining it in your own words. This fosters a deeper understanding and enhances memory retrieval.



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**Concrete Examples:** Using concrete examples to illustrate abstract concepts makes them more relatable and easier to understand. Real-world applications help solidify learning and improve retention.

**Dual Coding:** Utilize both verbal and visual representations of information to enhance learning. Combining words with images or diagrams reinforces memory by engaging different cognitive processes.

**Feedback:** Prompt and specific feedback on your performance helps identify areas for improvement and reinforces correct understanding. Use feedback to adjust your learning strategies and enhance learning outcomes.

Overall, "Make It Stick" emphasizes the importance of active learning, spacing out study sessions, and employing diverse learning strategies to optimize retention and mastery of new material.