

Flash cards are one of the classic study tools. They promote studying through **active recall**, which is one of the practices through which our brains learn most effectively.

However, many students use flashcards in ways that aren't very efficient. Some of the mistakes people make when making and studying flash cards include:

- Making them in a way that leverages only rote memorization
- Creating complex cards that don't force true recall – which leads people to mistake recognition for actual knowledge
- Over-using flash cards, or using them when a different tool or study method would be more effective

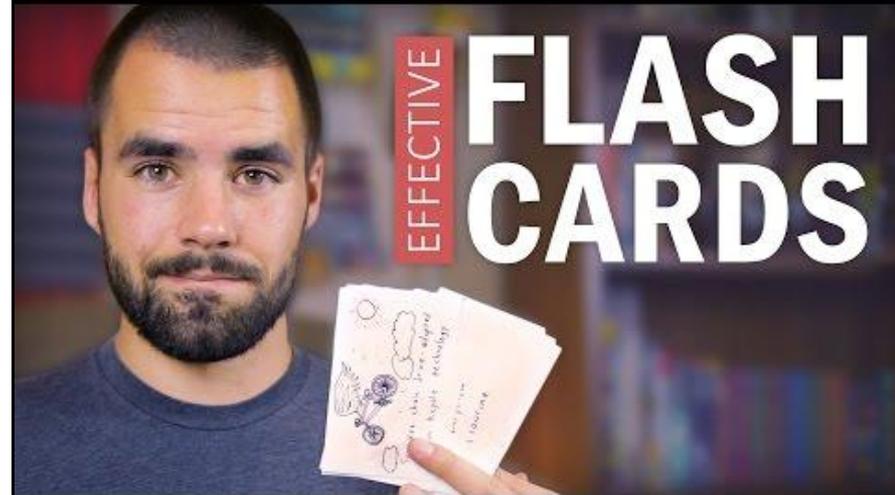


How To Make and use Flashcards effectively

Eight ways to make and study flashcards

1. Make your own flashcards
2. Mix pictures and words
3. Use mnemonic devices to create mental connections
4. Write only one question per card
5. Break complex concepts into multiple questions
6. Say your answers out loud when studying
7. Study your flashcards in both directions
8. Don't treat flashcards like a silver bullet

Watch the video to hear an explanation of each.



Next session:

Next session we will be looking at
Read-Cover-Recall-Check

