

Study Skills

Concrete Examples

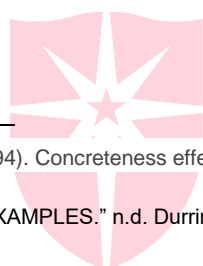
Concrete Examples:

This will not work for every course and/or topic. However, utilizing concrete examples has been shown to increase retention because the human brain is better at remembering concrete information.¹ We are better at learning new information when we can connect it to information that we already know.²

The ultimate goal is to get good enough to come up with your own examples.

How To Do It:

- 1) Make sure you are recording any and all examples your professor gives during lecture.
- 2) When reading your textbook, pay special attention to illustrations and examples given. Record these as well.
- 3) As you study, go through the examples and find more if you can. Connect the examples to the content.
- 4) Once you feel like you understand the topic well enough, look for examples in your everyday life.
- 5) Finally, try coming up with your own examples for the idea you are studying. It's important that you check your examples to make sure they are accurate - it's a great reason to go to your professor's office hours.³



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¹ Paivio, A., Walsh, M., & Bons, T. (1994). Concreteness effects on memory: When and why? *Journal of Experimental Psychology: Learning, Memory, and Cognition*, 20, 1196-1204.

² "RESEARCH BITES: CONCRETE EXAMPLES." n.d. Durrington Research School. <https://researchschool.org.uk/durrington/news/research-bites-concrete-examples>.

³ "Concrete Examples." n.d. The Learning Scientists. Accessed June 7, 2023. <https://www.learningscientists.org/concrete-examples>.