

Dual Coding:

The idea is that our brains process visual and verbal information separately but simultaneously. By finding and studying information in two different formats, you are giving yourself more than one way to recall information.¹

Dual coding works a little like concrete examples. In this case, though, the examples are visual. Like concrete examples, the goal is to learn the information well enough to come up with your own visual.

Visuals: graphs, timelines, diagrams, infographics, pictures, graphic organizers

How to Do It:

- 1) Record any visuals your professor gives during lecture along with the explanation.
- 2) When reading your textbook, pay special attention to visuals and even draw them out yourself the best you can.
- 3) When studying, look at these visuals, but try to explain them in your own words, label them from memory, fill in missing information, etc.
- 4) The next step would be to take information from a visual and create a new visual or try to recreate the visual from memory. This also helps as recall practice – like taking an exam.
- 5) The final step is to take information without visuals and create a visual for it: timeline, graphic organizer, graph, etc.²



¹ "Dual Coding." n.d. The Learning Agency Lab. <https://www.the-learning-agency-lab.com/learning-strategies/dual-coding/>.

² "Dual Coding." n.d. The Learning Agency Lab. <https://www.the-learning-agency-lab.com/learning-strategies/dual-coding/>.