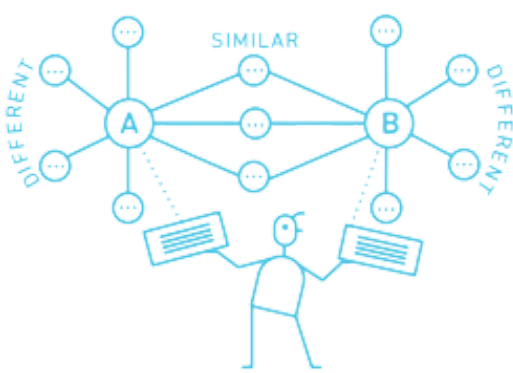


LEARN TO STUDY EFFECTIVELY USING: ELABORATION

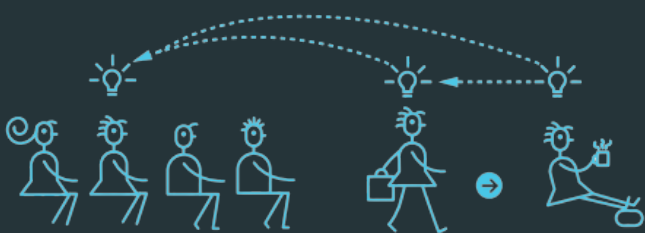
EXPLAIN AND DESCRIBE IDEAS WITH DETAIL

HOW TO DO IT



Ask yourself questions while you are studying about how things work and why.

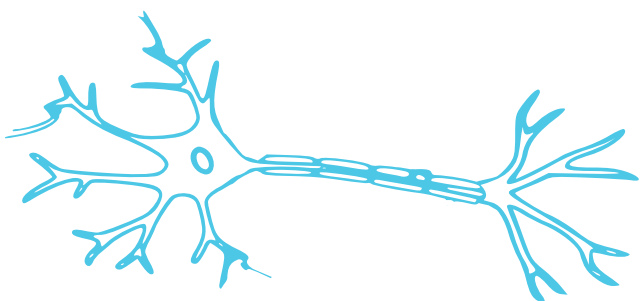
As you develop a understanding, start making connections between different ideas and how they work together. Think about how they are similar and how they are different.



Describe how the ideas you are studying apply to your own experiences or memories. This engages semantic processing and helps enable consolidation for long term memory.

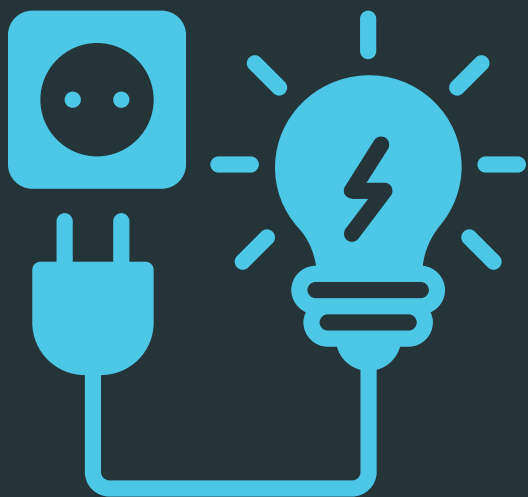
Continually think about how these concepts can apply in a clinical setting or to other topics.

APPLYING IT TO MED SCHOOL: A PRACTICAL EXAMPLE



Consider the following question of understanding how neurons work:

The Myelin Sheath that surrounds the axon of a neuron functions as an insulator to increase the speed of the signal transmitted between neurons.



How can we make this more relatable and understandable in relation to prior knowledge?

A typical analogy that most people can relate to is the understanding of how electricity is conducted. With the axon being similar to a copper wire where electricity travels through, the myelin sheath acts similar to the insulation on an electrical wire- ensuring the electricity is conducted quickly.

Think about prior experiences whether that was in patients, cases, research, or even knowledge within other disciplines that can help solidify your understanding and engage semantic processing.



THE UNIVERSITY OF ARIZONA
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Curricular Affairs

Research

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Wong, B. Y. L. (1985). Self-questioning instructional research: A review. *Review of Educational Research*, 55, 227-268.