

WORDS

DUAL CODING

LEARN BETTER. REMEMBER MORE.

Dual coding is a learning strategy that combines verbal and visual information to enhance understanding and memory. By integrating words and images, you can create stronger connections in your brain, making it easier to recall information later.

HOW TO USE DUAL CODING EFFECTIVELY

1 IDENTIFY KEY CONCEPTS



Start by identifying the main ideas or concepts you need to learn.

2 CREATE VISUALS



Draw diagrams, charts, or mind maps that represent these concepts. Use symbols, icons, or simple drawings to illustrate ideas.

3 ADD EXPLANATIONS



Write brief explanations or keywords next to your visuals. Keep the text concise and focused.

4 COMBINE TEXT AND IMAGES



Ensure that each visual is paired with a corresponding explanation. This helps reinforce the connection between the two.

5 REVIEW REGULARLY



Go through your dual-coded notes frequently. Focus on the visuals and try to recall the associated information.



TOP TIPS FOR GETTING THE MOST OUT OF DUAL CODING



USE DIFFERENT COLOURS

Differentiate topics or difficulty levels with various colours.



KEEP IT SIMPLE

Avoid cluttering your visuals with too much detail. Focus on the main points.



USE BULLET POINTS

For text, use bullet points to keep information clear and organized.



INCORPORATE SYMBOLS AND EMOJIS

Add symbols, emojis, or drawings to make your notes more memorable.



SHUFFLE YOUR NOTES

Regularly shuffle your notes to avoid memorizing the order rather than the content.



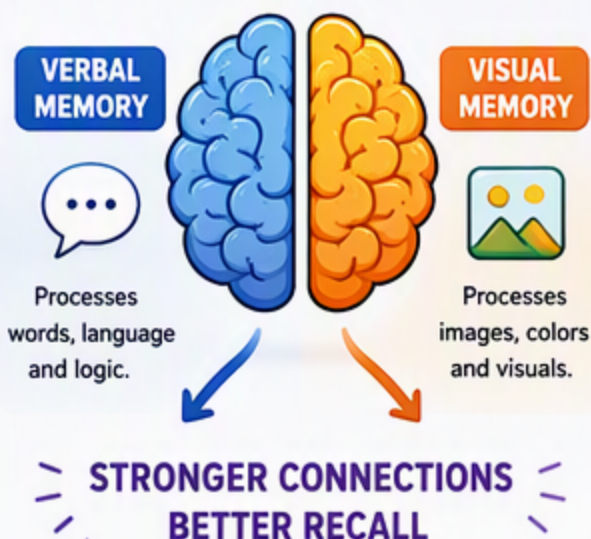
PAIR UP WITH A STUDY BUDDY

Quiz each other using your dual-coded notes.



WHY DUAL CODING HELPS YOU LEARN BETTER

Dual coding leverages both verbal and visual memory, making it easier to understand and remember information. By engaging multiple parts of the brain, this method enhances long-term retention and boosts confidence.



RESEARCH SHOWS THAT COMBINING WORDS AND IMAGES IS ONE OF THE MOST EFFECTIVE STUDY STRATEGIES.



DEEPER UNDERSTANDING

Connect ideas more meaningfully for better comprehension.



LONG-TERM RETENTION

Information is easier to recall and stays in your memory longer.



IMPROVED FOCUS

Visuals keep your brain engaged and interested.



GREATER CONFIDENCE

Remember more, perform better and feel more confident.



MAKE IT A HABIT!

Use dual coding consistently and turn your notes into powerful tools for learning and success!