

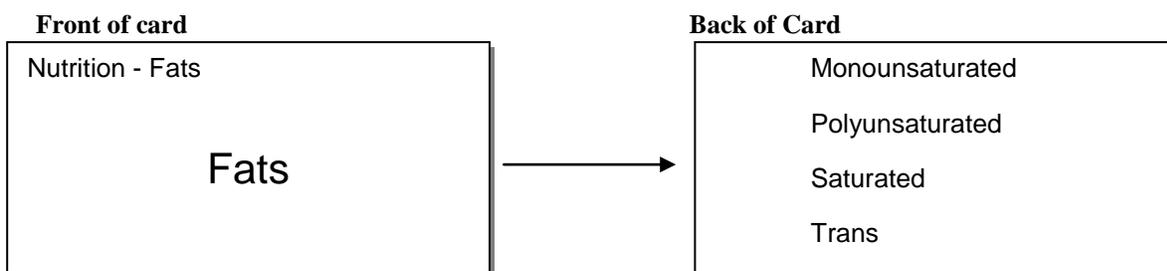
Guidelines for Making Effective Flash Cards

Flash cards serve as an effective memory tool:

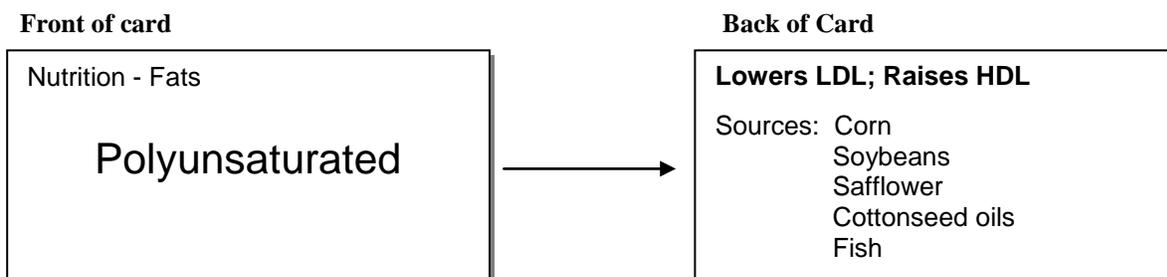
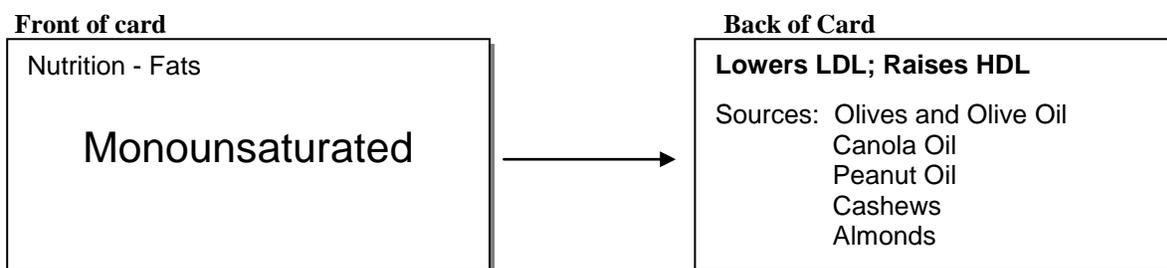
- Organizing cards into categories actively mimics the way the brain organizes memory.
 - Effective flash cards assist you in studying all types of information from general categories to specific terms.
 - You can test your knowledge so that you spend your study time where it pays off most.
 - Cards are easy to carry and can be used for short, repeated review. For example a ten-minute study session can take place on the bus ride home.
 - Making the cards is a learning experience in itself!
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Create **categories** to divide material into smaller sections that you can remember.

1. First create a **general category card**.



2. Next, make a card for **each** of the **terms** on the back of the card. Include details you need to know about the term.



3. Continue to make cards for saturated and trans fats.

Flash cards can include various types of information such as concepts, key terms, questions, equations, and illustrations. See the following examples.

Concept Card

Front

Photosynthesis

Two coupled reactions of photosynthesis.

Back

1. light reaction - electronic transport effects

2. dark reaction - complex enzymatic chemical reactions

Term/Vocabulary Card

Front

blood vessels

arteries

Back

Any of the branching system of muscular tubes that carry oxygen-rich blood away from the heart.

Three layers:

1. a tough outer layer,
2. a muscular middle layer, and
3. a smooth inner layer.

Question Card

Front

Native American History

Sitting Bull was the chief of what Native American nation?

Back

He was the chief of the Teton Sioux.

Equation/Formula Card

Front

Percent Notation

Simple Interest Formula

Back

$$I = P \cdot r \cdot t$$

I is simple interest

P is principle

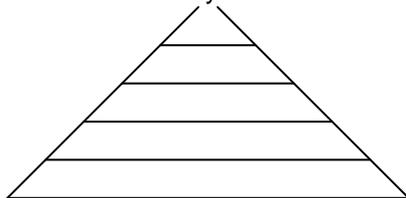
r is rate

t is years

Illustration Card

Front

Maslow's Hierarchy of Needs



Back

Self Actualization

Self Esteem

Social Belonging

Safety/Security

Physiological Needs/Survival

When studying a long passage or chapter, write the general category on the front of the card in the upper, left-hand corner. Use each type of flashcard that applies to what you are learning. For example, a section on blood circulation could include the following:

The general category of blood vessels.

Front of Category Card

blood vessels

blood vessels

Back of Category Card

1. arteries
2. veins
3. capillaries

Term/vocabulary cards to define arteries, veins, and capillaries.

Front of Vocabulary Card

blood vessels

arteries

Back of Vocabulary Card

Any of a branching system of muscular tubes that carry oxygen-rich blood away from the heart.

Three layers: a tough outer layer, a muscular middle layer, and a smooth inner layer

A question card

Front of Question Card

blood vessels

How do the veins get blood back to the heart?

Back of Question Card

The veins have valves that open and close, allowing blood to flow back to the heart against gravity.

A concept card

Front of Concept Card

blood vessels

Explain the flow of blood through the blood vessels

Back of Concept Card

Arteries carry blood away from the heart.
Capillaries connect arteries to veins.
Veins carry blood back to the heart.