Types of Learning Strategies and Supports: Cognitive

Cognitive Strategies		
Strategy	**Definition**	**Benefit**
Rehearsal	Reciting items to be learned from a list	Believed to influence the attention and coding process. It does not seem to help students connect current information with prior knowledge
Elaboration	Summarizing or paraphrasing	Believed to improve a student's ability to store information into the long-term memory by building internal connections between items to be learned and assisting with the integration of new information with prior knowledge
Organization	Outlining	Helps learners select appropriate information and make the connections to be learned
Analyzing	Problem-solving, critical thinking	Assists students with applying previous knowledge to new situations in order to solve problems and/or reach decisions

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