

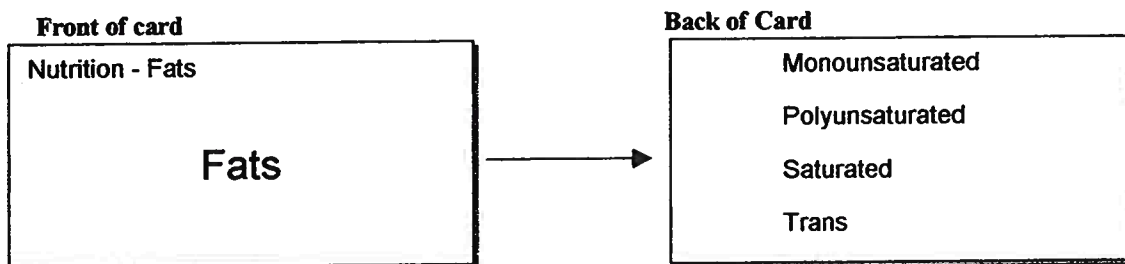
Guidelines for Making Effective Flash Cards

Flash cards serve as an effective memory tool:

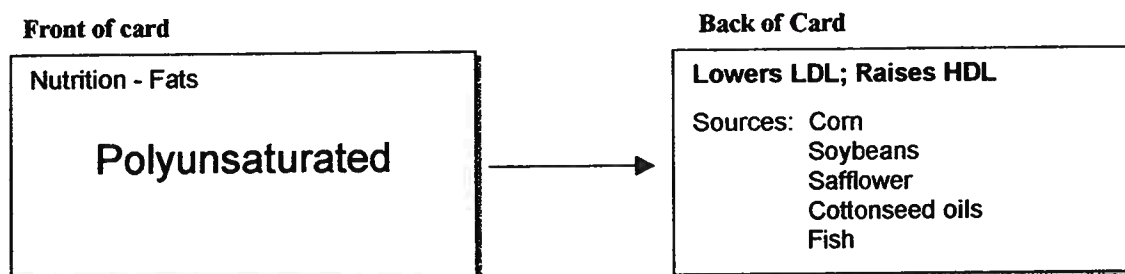
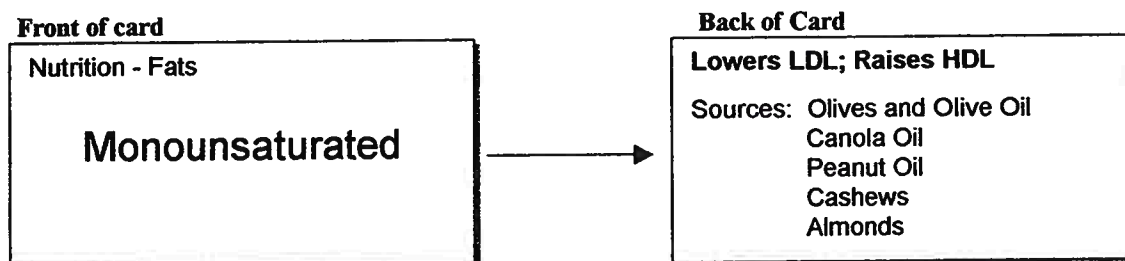
- Organizing cards into categories actively mimics the way the brain organizes memory.
 - Effective flash cards assist you in studying all types of information from general categories to specific terms.
 - You can test your knowledge so that you spend your study time where it pays off most.
 - Cards 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.