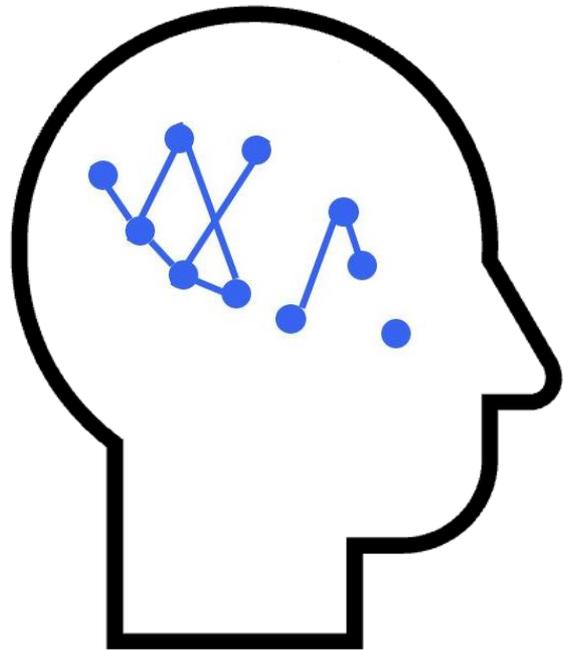


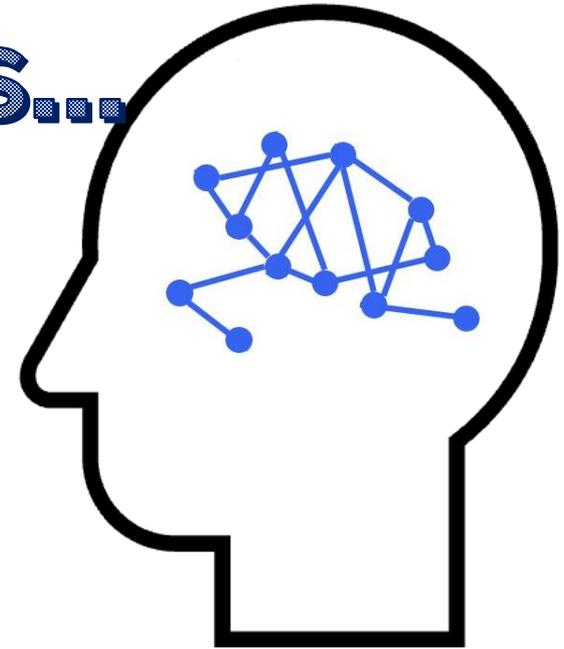


Strategies to help you revise and learn

Revising through retrieval



To this...

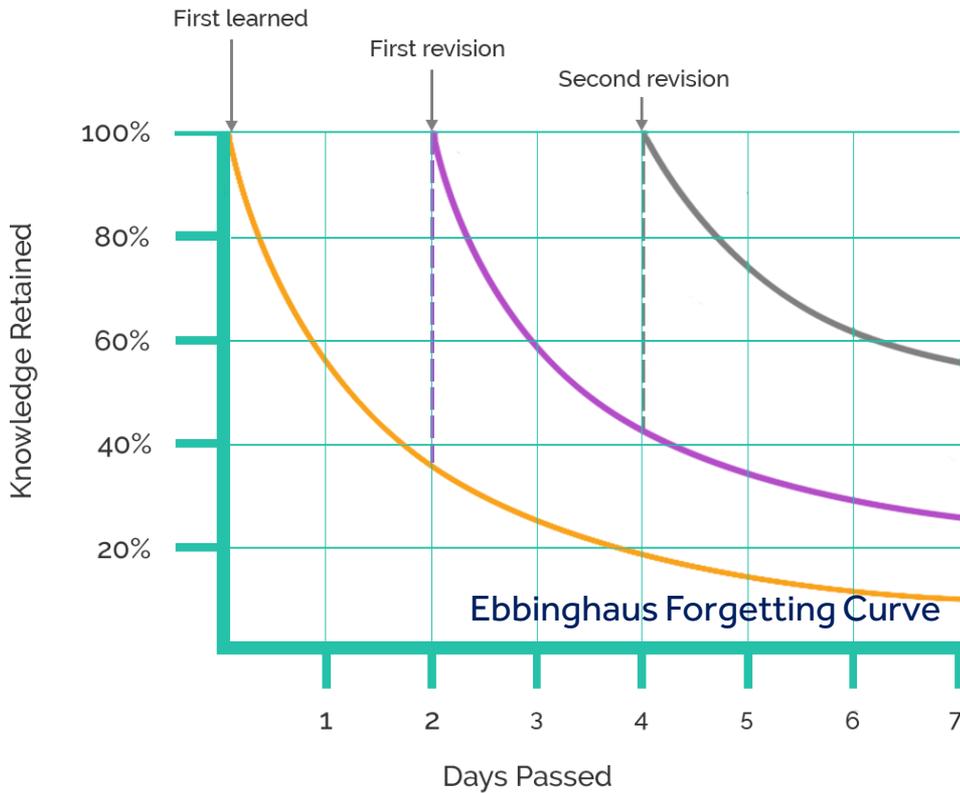


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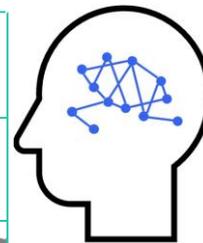


Why is retrieval important?

Effect of Spaced Repetition



We forget things!





Ask yourself these three question

- How do you study?
- *Why* do you study this way?
- Does it work?

WATCH! <https://youtu.be/NoG0zNoOy1I>



Remembering-Retrieval

“Retrieval practice” is a learning strategy where we focus on remembering more and committing knowledge to our long-term memory. Retrieval practice is a powerful strategy for improving test results which is why most of our lessons start with retrieval activities...





Retrieval practice

- You can **create flashcards**, but make sure that you really use them to practice retrieval. This means you must **TEST** yourself
- Even simpler than practice questions and flashcards, you can just grab a piece of paper and **write down everything you know on a topic**. All you need is pen and paper – so no excuses!!



How to make flashcards

1. Ensure that the flashcards have a **question or key term** on one side and the **answer or definition** on the other.





How to make flashcards

2. Ensure the right questions and knowledge are on the cards.
3. Keep information as short as possible.
4. Write clearly. You should be able to read what you wrote at a very quick glance.



Interregnum



The name when England was a Republic under Oliver Cromwell's rule and had no monarch?



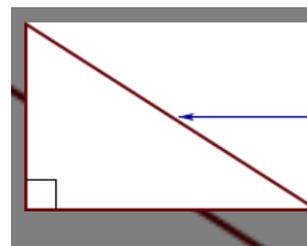
How to make flashcards

5. Use different **coloured cards** or **pens** to categorise your flashcards. For example, use a different colour for each subject or topic. This can help your brain to categorise information better.

6. Make flashcards for all the topics you have learnt. Use the SLE to help...



hypotenuse



the side of a right triangle opposite the right angle (longest side)

Being smart when using flashcards

Studies have found that it's more effective to **review a whole stack of cards in one sitting** rather than to carry them around with you and glance at them every so often.

Flashcards are not an effective method for last-minute cramming!

Being smart when using flashcards

- **Use spaced repetition** - Review your cards at specific, increasing intervals: for example on Day 1, Day 2, Day 4, Day 8 and so on.
- Spaced repetition works because it activates your long-term memory, while leaving small breaks in-between studying uses your short-term memory.



Being smart when using flashcards

- Make sure you have a **'thinking pause'** after picking one up and reading the question, then turn the card over to read the information.
- Once you get an answer right using your flashcards – **DO NOT DISCARD IT!** You need to keep **repeating the questions** even if you get it right multiple times otherwise it will fall off your memory.



Being smart when using flashcards

- Try writing the answer or definition in your own words and giving examples. This will help your learning and recall.
- Try 'interleaving'. Once you have several decks of flashcards for different subjects and topics, try mixing them up. This will test your knowledge across subjects in a single session. Make sure you are confident enough to do this every so often.



Using a system to revise with flashcards

The **Leitner system** is a well-known and very effective method of using flashcards. It's a form of **spaced repetition** that help you study the cards you don't know more often than the cards you already know well.

In the 1970s, a German populariser of science, Sebastian Leitner, developed the method.



Leitner System – The Method

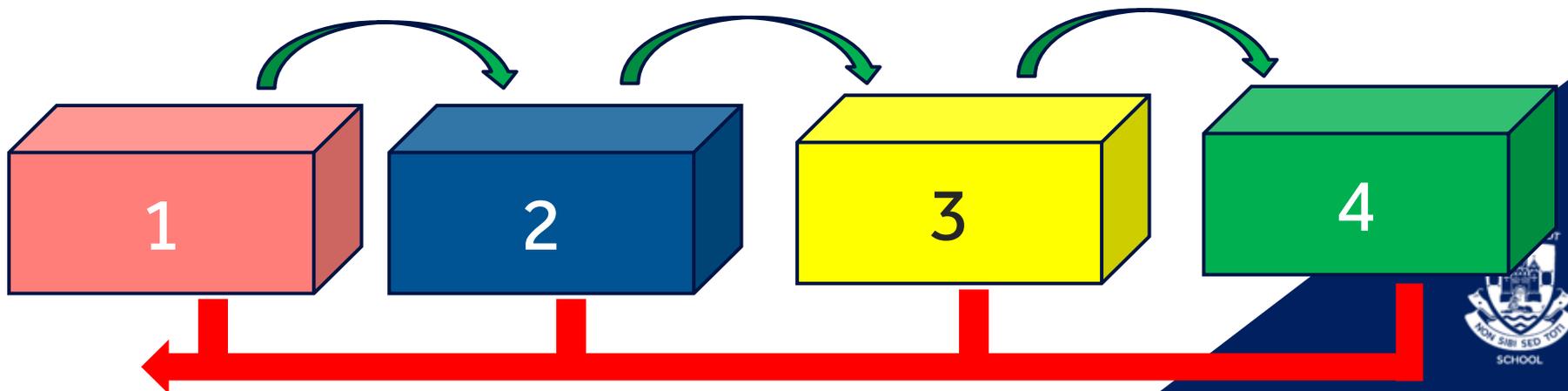
All flash cards start off in Box / Stack 1.

As you review the cards, each card you answer correctly goes into Box 2.

If you give the wrong answer the card stays in box 1.

When you review cards in Box 2, if you still get it right you move the card to box 3 and so on until all cards are in Box 4.

If you get a card wrong in any box, it goes back to Box 1.





Leitner System – The Key

The key is that the cards you know less well are reviewed more frequently than the cards in the higher boxes.

You now must choose the frequency at which you review each box.

Box 1: Every day

Box 2: Every 2 days

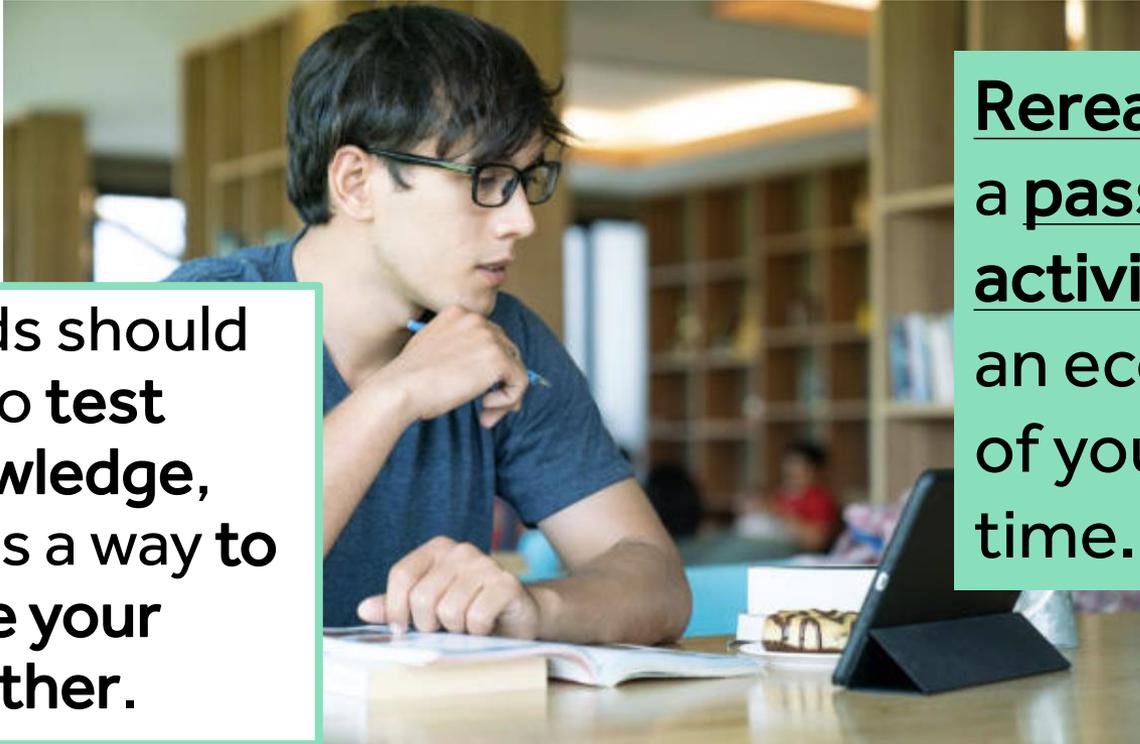
Box 3: Every 3 days

Box 4: Every 4 days



Remember...

Flashcards should be used to **test your knowledge**, not just as a way to **condense your notes further**.



Rereading notes is a passive learning activity so is not an economical use of your revision time.