

Study Strategies

- Spaced practice – the opposite of cramming! Spreading the learning out over extended period of time.
- Retrieval Practice – Learn something. Forget it for a while then go back to see how much of it you can remember.

You will need to be able to retrieve lots of information in the exam so it is extremely important to train your brain to do this.

Retrieval Practice Techniques

- Flashcards
- Brain Dump
- Quizzing
- Mind Maps
- A question a day
- Challenge Grids
- Elaboration
- Interleaving

Flashcards – how to make and use them effectively

- Flashcards should be used to test your knowledge, not just as a way to condense your notes further.
- On the front of the card, write a key term or question
- On the back of the card, answer that question or write the definition for the term
- Try to guess/recall the answer/definition before checking the answer on the back.

One idea, one flashcard

- The most effective flashcards include one question followed by one answer (or one term followed by one definition).
- Don't force your brain to remember a complex and wordy answer. It's easier for your brain to process simpler information. Split up longer questions into smaller, simpler ones.

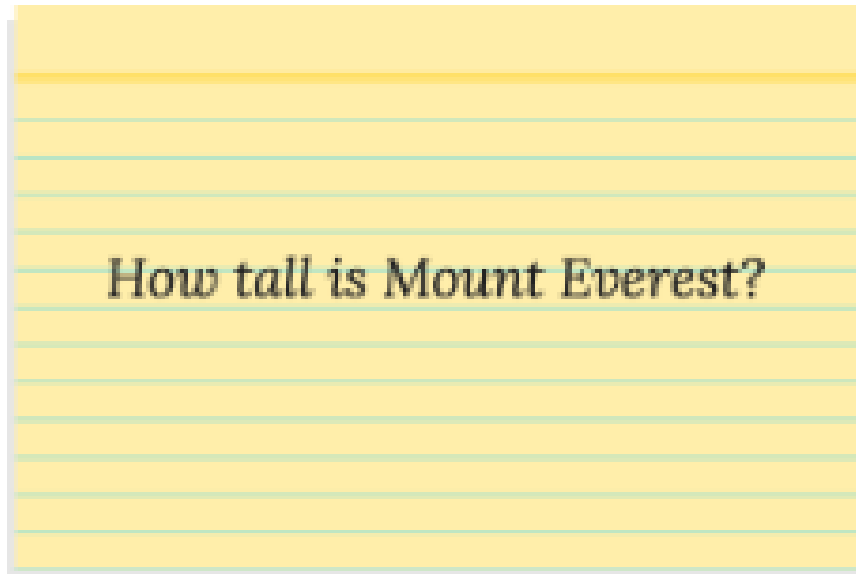
Boost your memory by combining pictures and words

- our brains find it easier to recognise and recall visual inputs – pictures are easier to remember than words.
- John Medina, memory expert (and developmental biologist), discovered that, after three days, someone is likely to remember around 10% of information they read. If an image is added to text this figure increases and 65% of information is remembered.
- These pictures should not be works of art – quick and simple sketches are great.

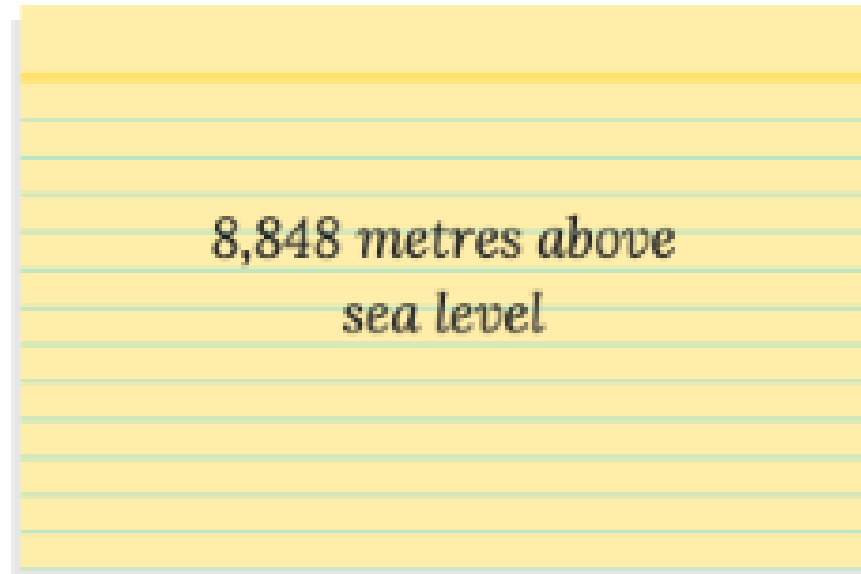
Use spaced repetition to memorise your flashcards

- Great revision strategies share the same principle: testing your learning multiple times.
- **After you answer a flashcard, put it into one of three piles:**
 - I have no clue about this
 - I'm not too sure about this
 - I really know this
- The '*no clue*' pile should be tested regularly again. As you retest your knowledge, your flashcards should change piles until (hopefully) all of them are in the '*I really know this*' pile.

You can manually make flashcards using index cards or pieces of card. Remember not to put too much on them.



FRONT



BACK

You can make your own online or use some already created by others.

- [Quizlet](#)
- [Brainscape](#)
- [Cram.com](#)

- These are available online and as apps
- If using created flashcards, check for quality.

Try it for yourself

- Select a piece of course work you have been finding challenging to remember.
- Identify some key points that you know are essential to remember or answer questions on.
- Make some flashcards for this piece of course work. Include pictures.
- Test yourself out.
- Remember the three bundles!!!!
- I have no clue about this
- I'm not too sure about this
- I really know this

Sources:

- Effective revision habits & strategies: A study guide for pupils & parents.
CC. Kate Jones Lovetoteach87.com
author of Love to Teach/Retrieval Practice
<https://www.falingepark.com/wp-content/uploads/2020/02/effective-revision-habits-and-strategies.pdf>
- Draft guidance from PKC Educational Psychology Department