

# Study Strategies

- Spaced practice – the opposite of cramming! Spreading the learning out over extended period of time. There is still 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

# Mind maps – how to make and use them effectively

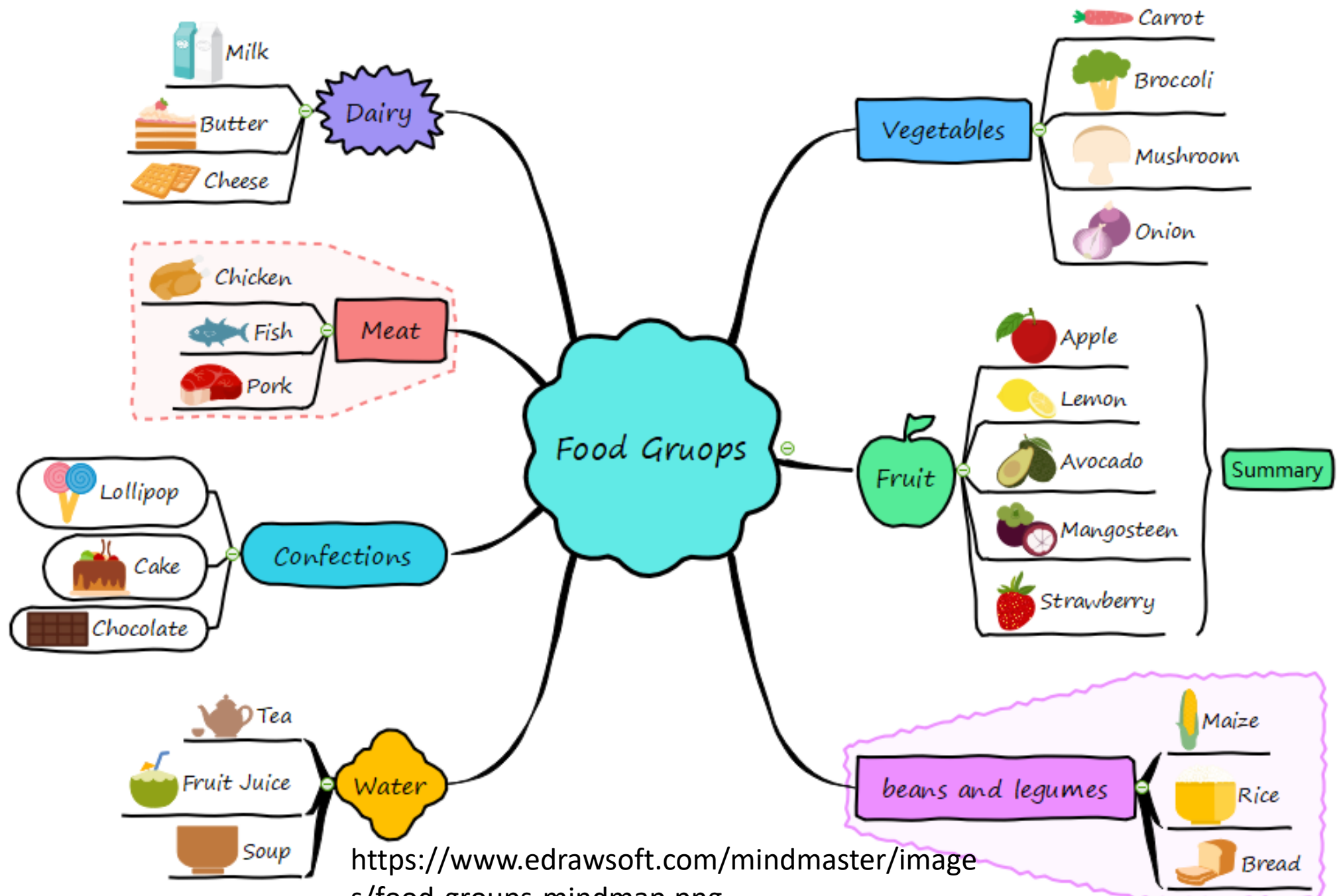
- Mind maps are a creative way to revise, they are also very effective!
- The main idea should be crystalised in a central image or word
- The main themes radiate from the central image as branches or nodes
- The branches comprise a key image or word drawn or printed on
- Topics of lesser importance are represented as twigs of the relevant branch
- The branches form a connected nodal structure

# A short video showing how to make a mind map

- <https://www.youtube.com/watch?v=oY4sUQzXJ1g&feature=youtu.be>

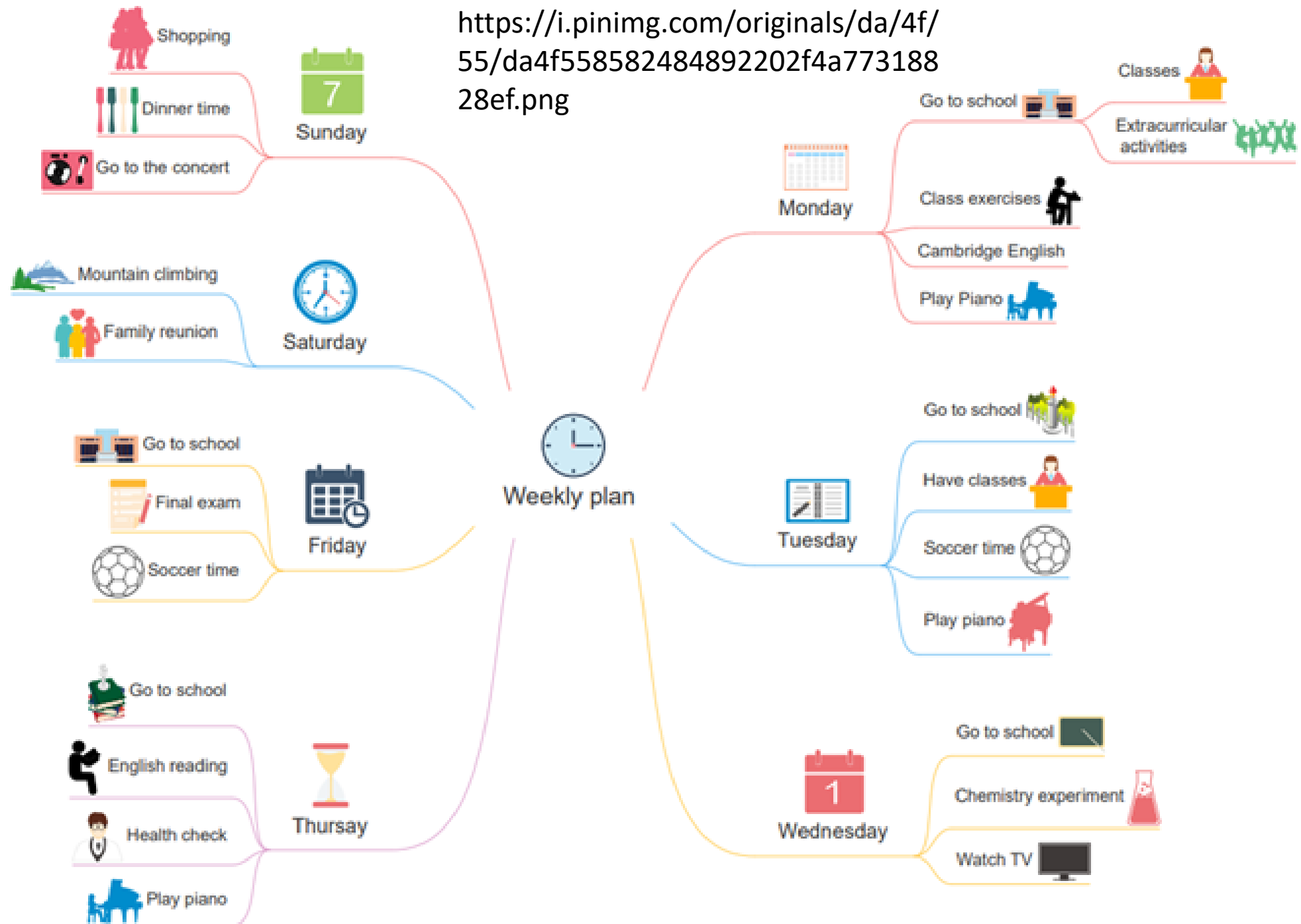
# Dual coding – the process of combining verbal materials with visual materials

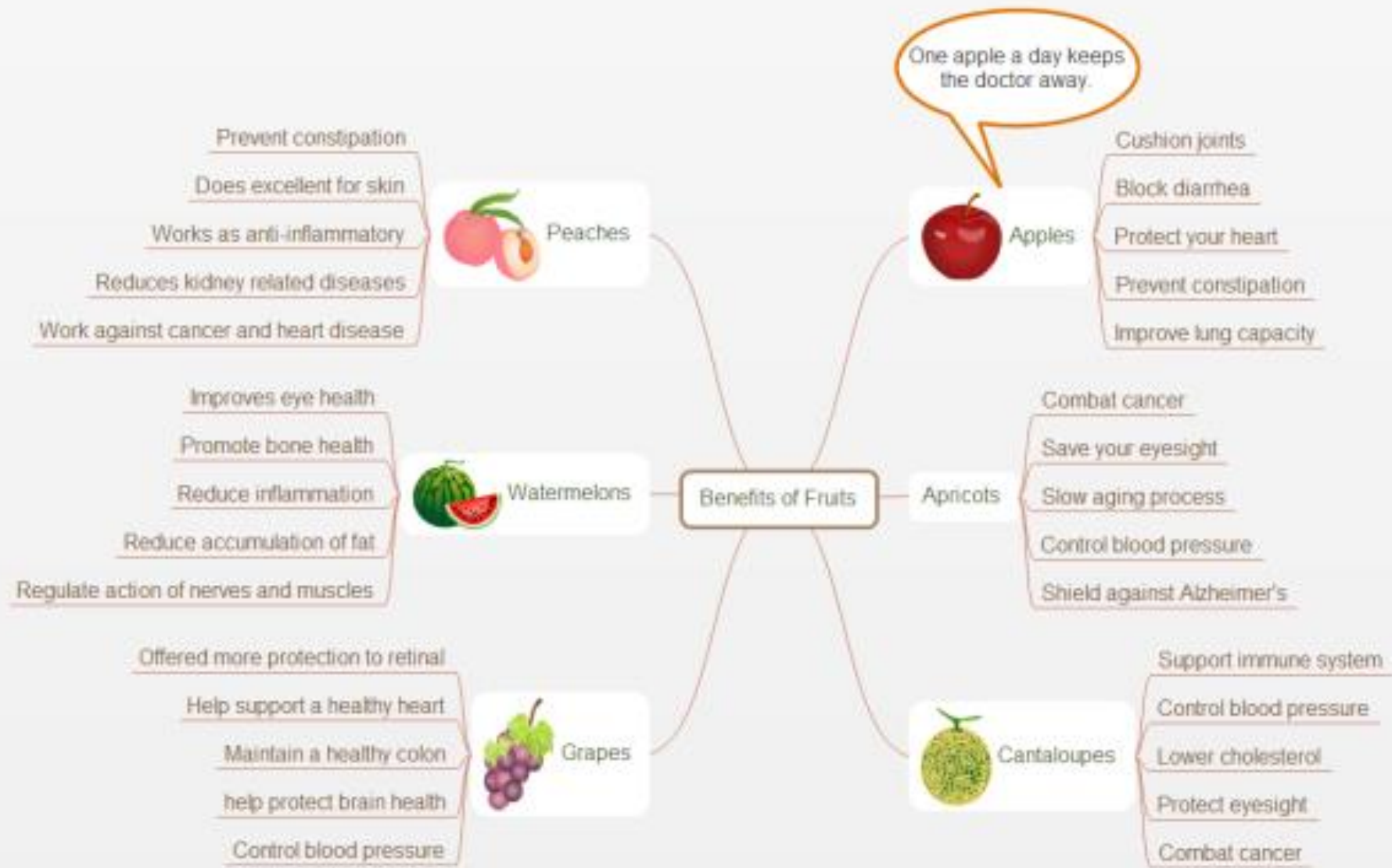
- Draw graphs, images, diagrams or timelines to support your revision notes
- Compare and combine the visuals with words
- You do not need to be an artist, the focus is to deepen your understanding and learning
- Make sure the images/diagrams are relevant. Be careful when using photos as too many background images can detract from the main points.



<https://www.edrawsoft.com/mindmaster/images/food-groups-mindmap.png>

<https://i.pinimg.com/originals/da/4f/55/da4f558582484892202f4a77318828ef.png>





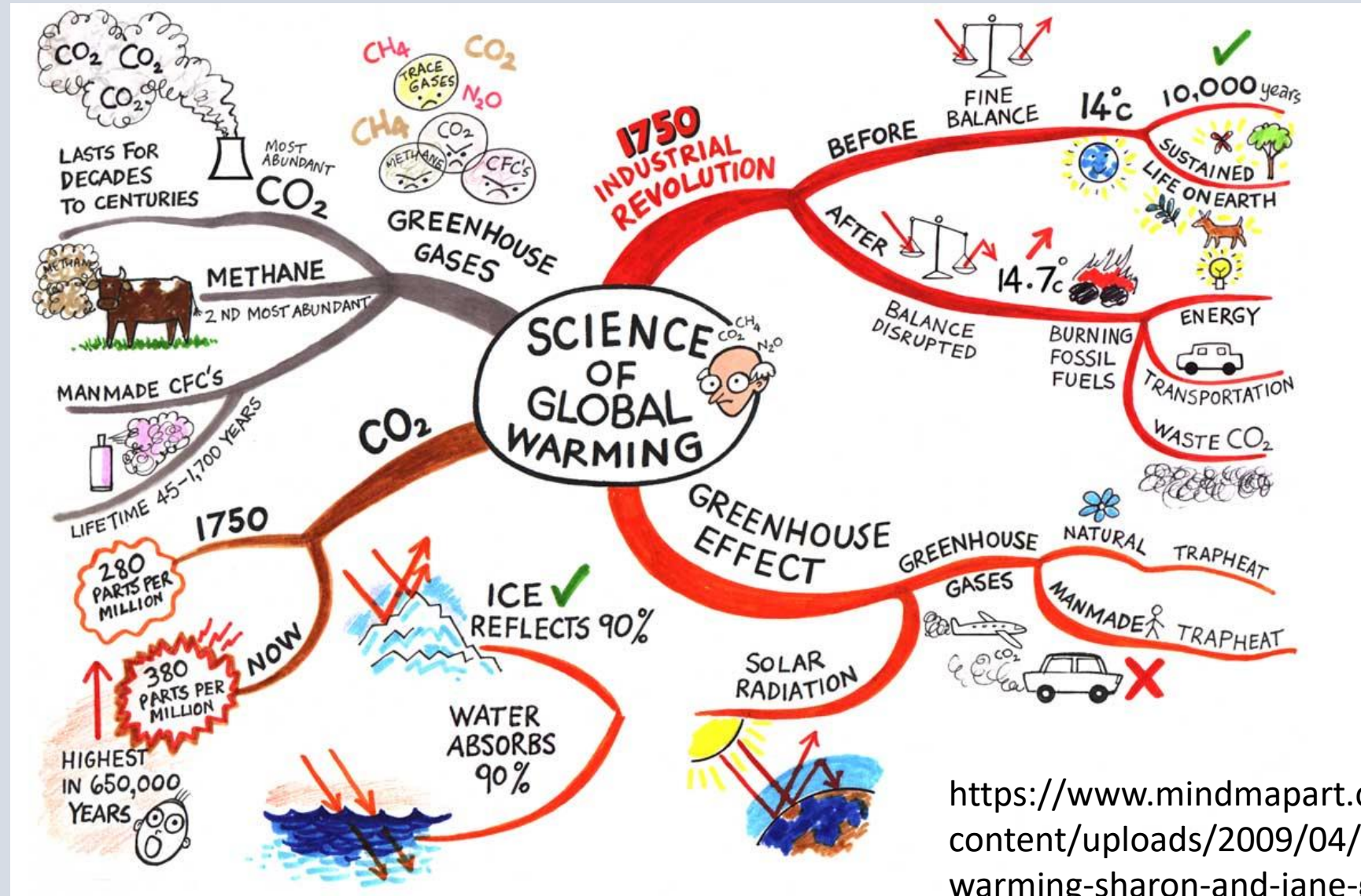
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# Elaboration

- Once you have your mind map you should be able to elaborate on the content, being able to describe and explain things in detail.
- You should be able to make connections among the ideas (either in the same mind map or across different mind maps).
- You might even be able to connect to memories and experiences in the classroom that help you understand the learning.

You can manually make mind maps using plain paper.



<https://www.mindmapart.com/wp-content/uploads/2009/04/science-of-global-warming-sharon-and-jane-genovese.jpg>

# You can make them online or use an app.

- [Coggle](#) – there are three levels including a free version
  - [Freemind](#) – open source resource
  - [Sketchboard](#) – not strictly a mind mapping tool but allows you to make digital versions of hand drawn maps
- 
- miMind app
  - Mindly
  - Mind map and note taking
  - One note

# Try it for yourself

- Select a piece of course work you would benefit from organising.
- Identify the central theme and either

1. make a mind map on paper

or

2. download an app and try to make a digital mind map

- Once you have a mind map, think how you would elaborate on it. Think how you would explain it to someone else. What are the connections and why are the words/images important?

- 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