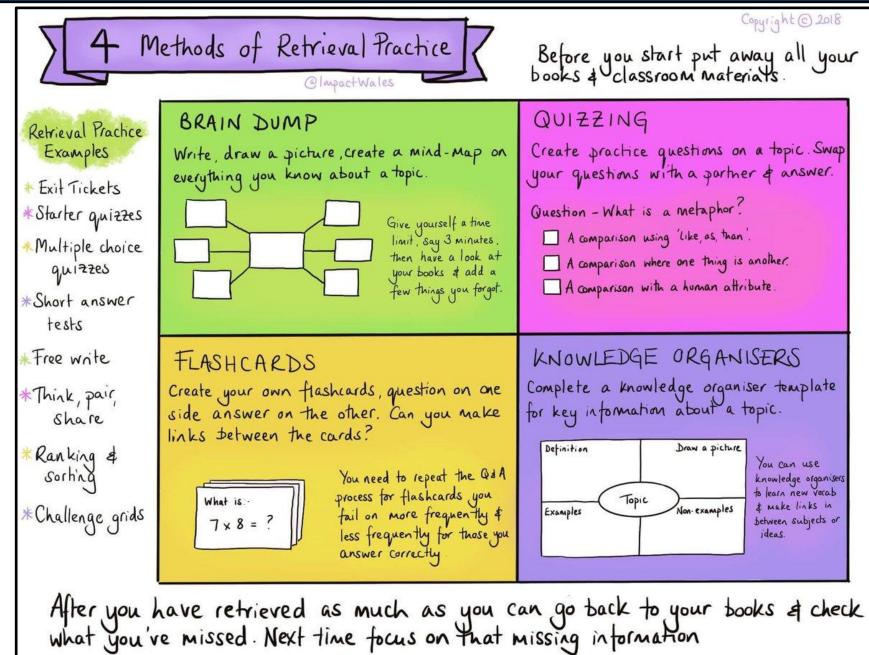
#### **Retrieval Practice Learning Techniques Session 2**



#### Effectiveness of Learning Techniques

Technique	Effectiveness	Description of Technique
Practice Testing	High	Self-testing or using past-exam questions while learning.
Distributed practice	High	Developing a schedule of revisions / learning activities
		over time.
Elaborative	Moderate	Thinking about 'why' you have answered a question or
Interrogation		creating an explanation for a response.
Self-explanation	Moderate	Linking new information to known information or using
		applied questions (problem based learning).
Interleaved Practice	Moderate	Developing a schedule that mixes different techniques
		during a period of study.
Summarisation	Low	Writing summaries of concepts / area of study.
Highlighting	Low	The use of highlighters or underlining while read /
		rereading.
Keyword Mnemonic	Low	Use of key terms / acronyms / images to associate with
		concepts to be learned.
Imagery	Low	Attempting to form mental images of materials while
		reading.
Rereading	Low	Revisiting text that has already been read.

The more memorable you can make your notes, the better they stick in your head

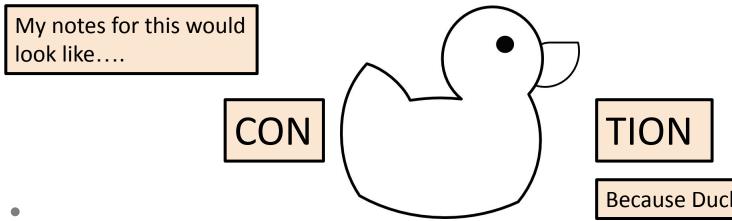
I like to use visual ideas to help explain what a word means.

E.g. writing Transverse and Longitudinal, with arrows to show direction of travel

Conduction and convection are types of heat transfer.

Conduction is in solids, convection is liquid and gas

Very similar words, so it can be hard to differentiate



Session 2

The method of loci is a wonderful way to remember e.g. dates or lists of things

Derren Brown is a big fan of this.

The basic idea is you imagine somewhere you know well, say your street or your house.

Lets use the street....

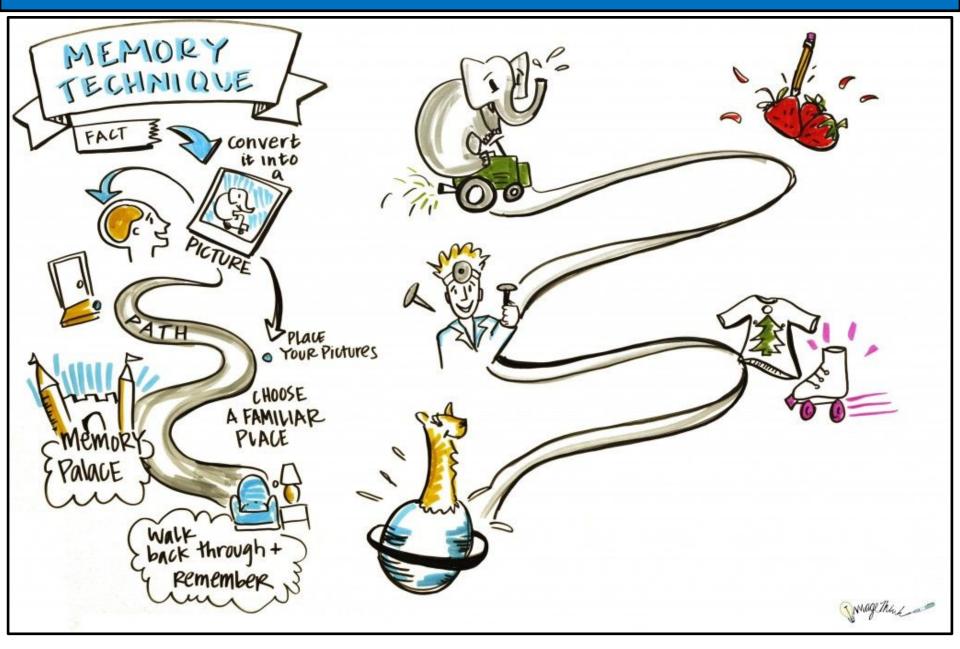
For every house in your street, put a very, very vivid image. Make it really weird. It needs to be memorable

When you need to remember, you go down the route in you head and see the images.

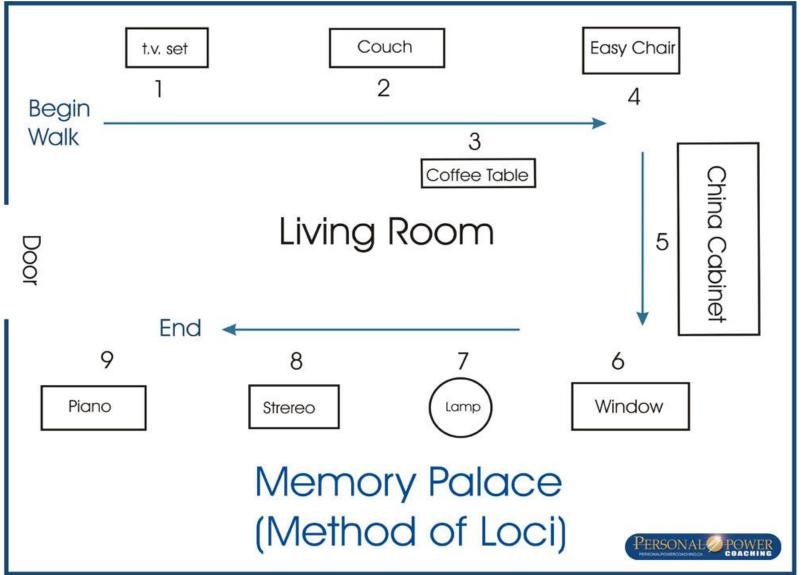
This allows you to remember very long lists of totally unlinked items.



#### Session 2



Session 2



#### Session 2

## Revision

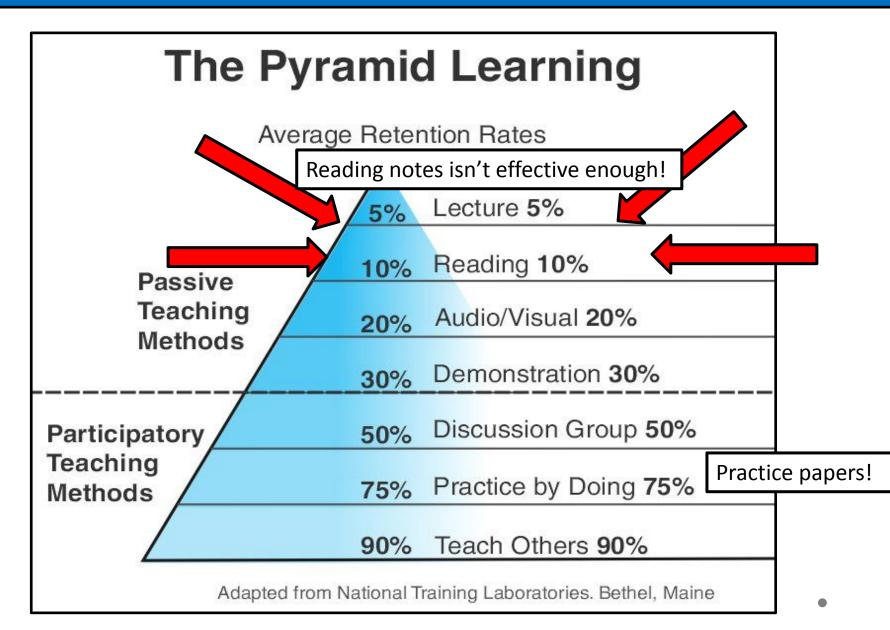
#### A few final points

- Make sure you're eating. Don't start dieting over revision time, your brain needs fuel
- Minimise distractions, turn off the xBox (even if your KD ratio might suffer)
- Plan it out. Be specific (Monday, Maths, Trigonometry)
- Don't just focus on the areas you're okay with. Push and challenge yourself
- Make sure your revision is as engaging as possible. You won't read years worth of text – Infact reading over notes is the WORST way to revise



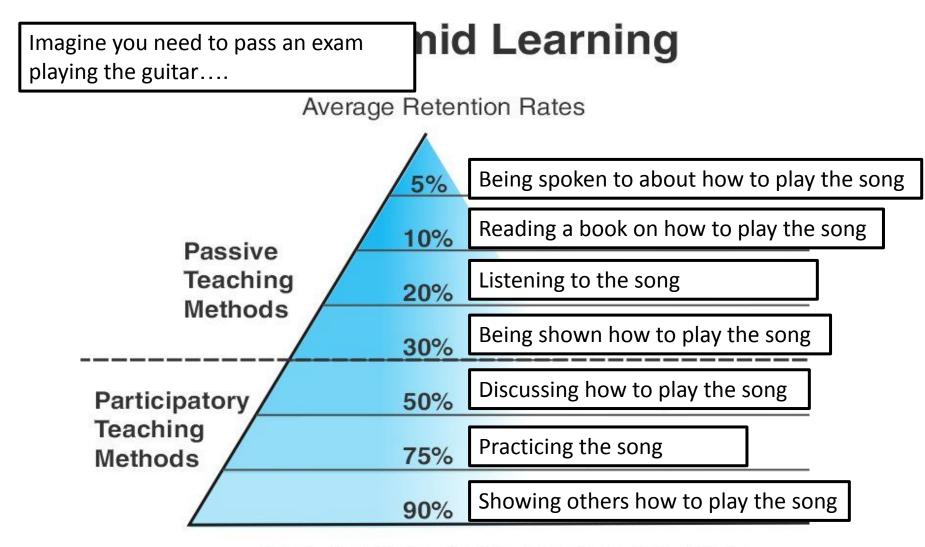






## Why revise?

Session 2



Adapted from National Training Laboratories. Bethel, Maine



#### Next session:

# Next session we will be looking at using flash cards

