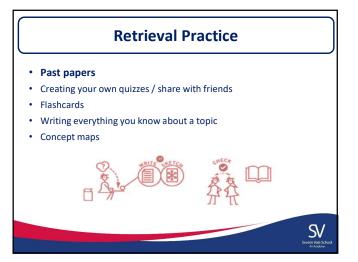


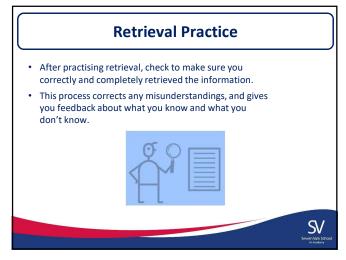


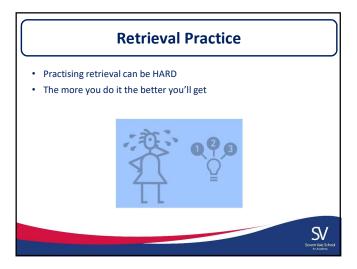
Retrieval Practice Retrieval practice involves recalling something you've learned in the past from your memory You need to forget the information at least a little in order for retrieval to be effective! Don't just immediately recite what you've learned Retrieve information once it starts to get a little more difficult to remember

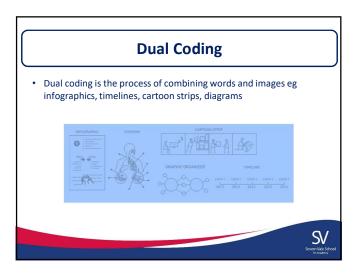


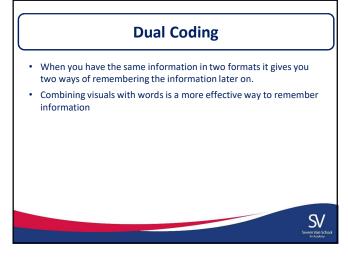














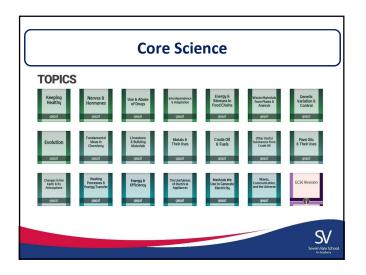












Spacing Practice

- Red topics:
 - Decide if you need further help on this. If so, ask a teacher, friend, someone in class
 - Put these topics into your timetable with increasing gaps
 - Aim to review 4 6 times
- Amber topics:
 - Put these topics into your timetable with increasing gaps
 - Aim to review 3 4 times
- Green tonics:
 - Put these topics into your timetable with increasing gaps
 - Aim to review 1 2 times



Interleaving • Switch between topics whilst studying • Don't spend too long on one topic TO

Interleaving Go back over ideas in different orders This helps strengthen understanding TOPICS A B C C B A



Interleaving Interleaving may feel harder This "thinking hard" is actually helping your learning and memory

Concrete Examples

- Concrete examples can help you to understand complex, abstract ideas
- Abstract ideas can be hard to grasp.
- Human memory is designed to remember concrete information better than abstract information
- To really nail down an abstract idea, you need to solidify it in your mind
- You can do this by being specific and concrete.



Concrete Examples Take "scarcity" as an example of an abstract idea Scarcity can be explained as follows: the rarer something is, the higher its value will be

Concrete Examples But this description contains a lot of vague terms, such as "rarer" and "value" How can we make this idea more concrete? We could use a specific example to illustrate the idea







