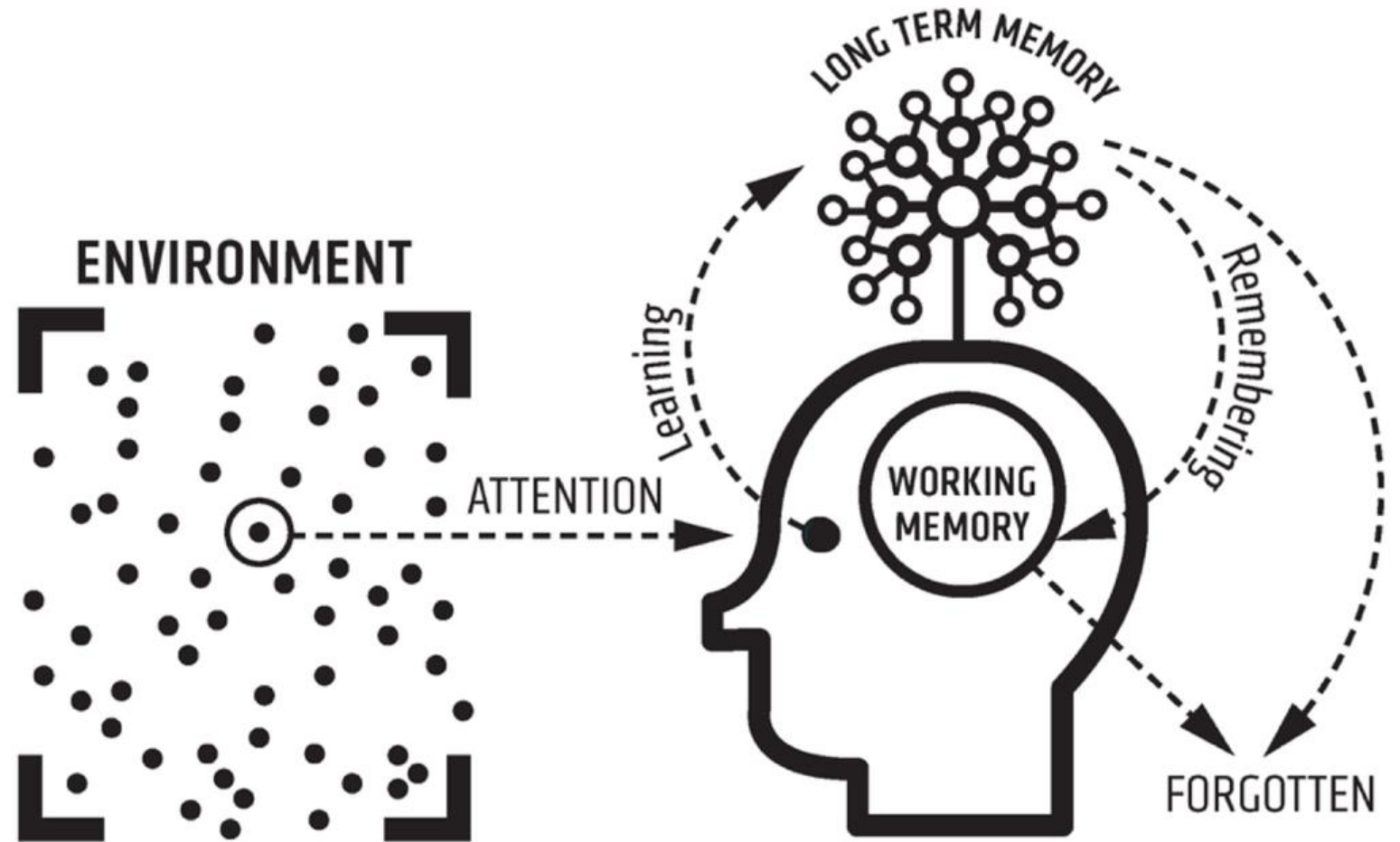


# Do now

1. Pick up an A4 sheet from the cardboard box on the front desk
2. Look at the image on the board.
3. How can we apply this image to your revision for your GCSE exams?



How can research support  
your revision?

# Why is retrieval practice important?

“The more we know, the more we can understand. The more we retrieve knowledge from our memories in different ways... the stronger those memories become and the more fluently we can use them. The more fluent we are in recalling our knowledge, the better placed we are to explore new knowledge, to solve new problems, to engage in debate, to respond to new challenges, to understand what we read.”

**Tom Sherrington**

“This process not only identifies gaps in our own knowledge, but strengthens our memory over time.”

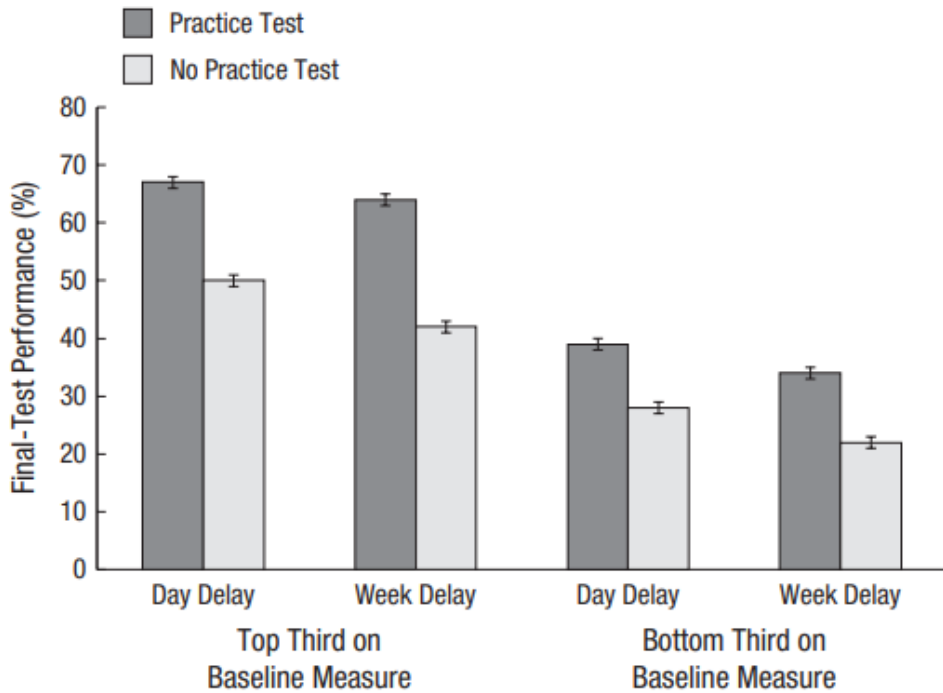
**Kate Jones**

All material that is not rehearsed is lost within 18 to 30 seconds.

**Peterson and Peterson (1959)**

[Retrieval Practice](#)

# Why retrieval practice?



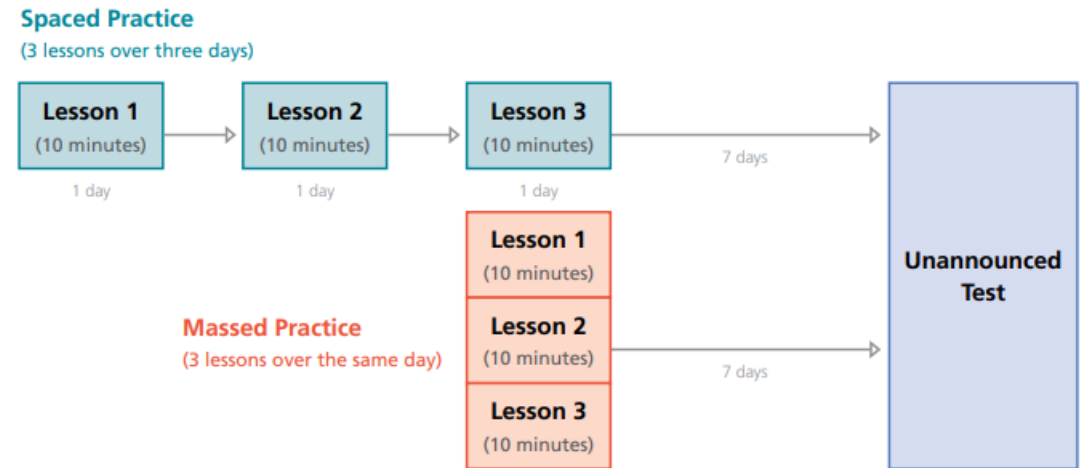
	10 minute delay	One week delay
Students practice tested	53% score	35% score
Students did not	36% score	4% score

With testing	Without testing
80%	36%

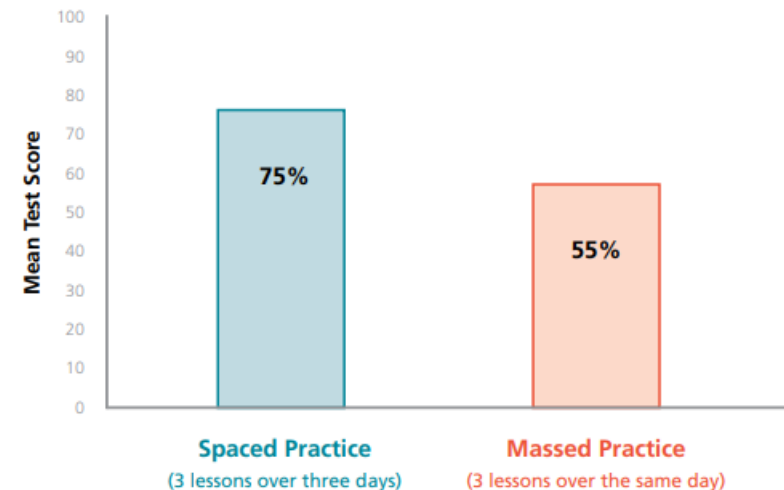
# Spacing

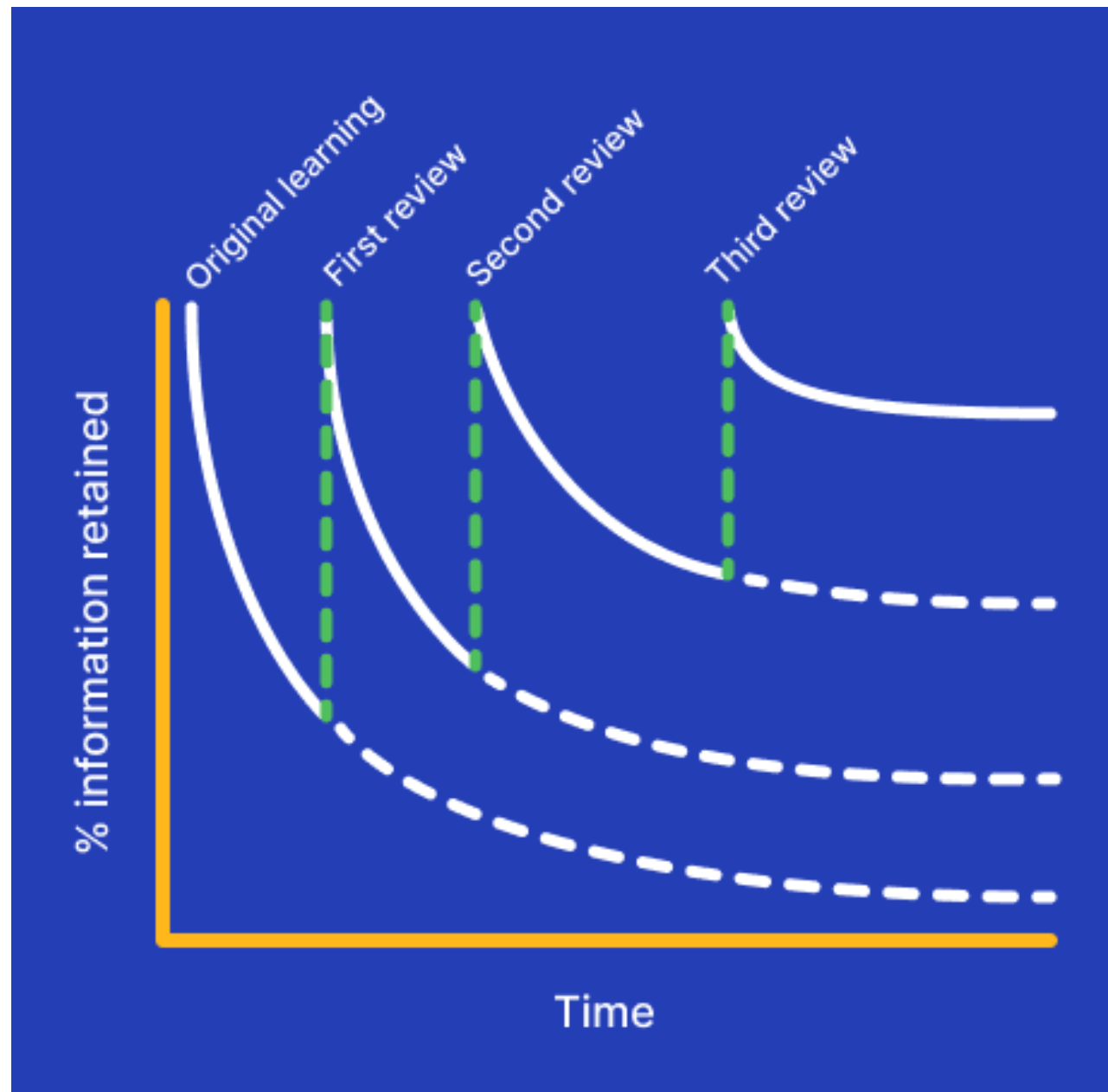
- [https://www.youtube.com/watch?v=F5mcdBrdYVo&list=PLovQVsmTEja\\_ua1focBPvBxTuDMT3LOZT&index=13](https://www.youtube.com/watch?v=F5mcdBrdYVo&list=PLovQVsmTEja_ua1focBPvBxTuDMT3LOZT&index=13)

- How could you implement spacing in your revision?



Results





# Pomodoro method

## Pomodoro Method

- Break large tasks into small intervals
- 25 minutes work, 5 minute break
- Do not keep checking timer
- Break should involve getting up, moving around, maybe getting a treat
- After 4 lots of pomodoros take a longer break
- Phone on airplane or do not disturb mode
- Let the people in your house know that you are revising so they do not distract you
- Tweak the timings to suit you. You could revise for shorter or longer chunks than 25 minutes or have shorter or longer breaks. Do what suits you!

# Retrieval Practice Strategies

1. Read through the retrieval practice strategies in front of you.
2. Do you use any already? If so, how effective are they?
3. How could you change your revision strategies to make them more effective?
4. Rank the four strategies in order of how effective you think they would be for you.
5. Plan how you might use them for specific subjects in your upcoming exams.

# Flashcards

- [How to make effective flashcards](#)
- Make your own
- Use pictures
- Use mnemonic
- Focus on what you **need** to know- not everything
- Memorise the knowledge “both ways”- question/answer **and** answer/question
- Shuffle flashcards- memorise the content, not the order
- Simple flashcards
- Multiple simple flashcards are better than one complicated one
- Say it out loud

# Brain dump

- [Brain dumping](#)
- Choose a topic
- Use another revision strategy to remind yourself of the content
- 3-5 minutes, write down as much as you can
- Use your notes to add anything you missed in another colour
- Use a third colour to add anything else which is even more detailed
- Repeat the process
- (The video refers to “blurting” at the end- recent academic research proved this was a **less** effective revision strategy)

# Self-Testing/Quizzing

## Self Testing/Quizzing

- The video specifically talks about knowledge organisers, but this could work with key word glossaries, exercise books, textbooks or revision guides
- Go over the information in front of you.
- Without looking- write the information down or answer questions you have written for yourself about it
- Use the information to check what you have written, correct any mistakes or add in more details.

# Knowledge Organisers

- <https://www.youtube.com/watch?v=uX0vU4cBnxA>
- Choose a part of the topic you want to test yourself on and find it on the knowledge organiser
- Look: look at the information on the knowledge organiser and try your best to remember it
- Cover: Cover up what you have just looked at and try to keep the facts in your memory
- Write: Write down as much as possible from memory while still covering the knowledge organiser
- Correct: Correct any mistakes or add more detail to your written notes
- Repeat: Repeat this process until the facts are embedded in your long term memory

# Final thoughts

- Write down 3-5 bullet points about how you are going to prepare more effectively for your summer exams.

