

## Spaced Learning

Revising in **small sections of time regularly** instead of long sessions to promote retention of material that has been regularly retrieved.



## Retrieval Practice

A form of studying and learning defined as the practice of **recalling information from memory** which research has shown increases long-term retention.

**Flashcards:** Only effective to improve learning if your work to retrieve the information instead of flipping the card over right away.

**Quizzes:** Brief quizzes of past material can help to retrieve information and link older material together.

**Topic deposits:** Write the name of a topic at the top of the page and then retrieve all that you can recall from memory *before* looking in your notes.

**Sketching:** Draw concepts of material using retrieved practice instead of writing them, the more colourful the better!

**Concept mapping:** Taking main ideas of one concept and linking them together to explain the relationship between the concepts and units of work.

**Past Papers:** Complete past papers several times, changing the order in which you answer questions to retrieve material in a different order.

### Four elements of Resilience

