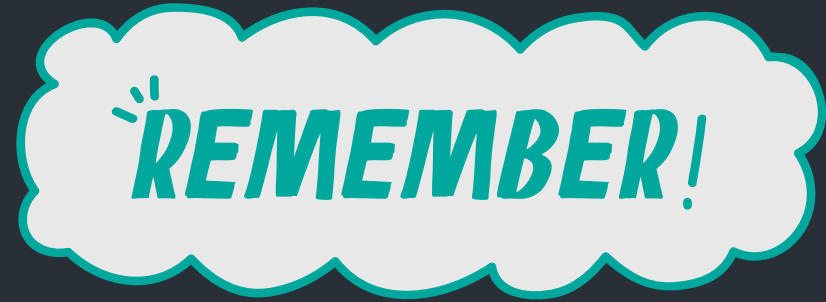


EFFECTIVE STUDYING & LEARNING

TOP TIPS FOR PUPILS



When learning is hard it strengthens the connections in our brains and you are less likely to forget the information - don't worry, it should not feel easy!

Mistakes are useful- they help us target what we need to practise.

1

In order to learn and remember information, we need the information to be 'uploaded' to our brain (encoding), stored effectively and **retrieved regularly**. Retrieval is like downloading the information from your brain - it's the most important part! Often when revising, we focus on the encoding e.g. highlighting, reading notes or copying text. But these are **ineffective**. Instead; try some of the retrieval strategies on this poster.

2

Identify what you **know** and what you **don't know** - use this to form a study plan. '**Brain dumps**', where you write or mind map everything you know about a certain topic, are a great way to identify gaps in your knowledge. You can then use your time efficiently to study these trickier topics more regularly.

3

Plan ahead: Avoid cramming and use **spacing** - an evidence based technique which recommends we carefully space out studying over periods of time e.g. if your exam is one month away try revising the first day and then again at 1 week intervals. Cramming causes us to forget because new information pushes out the old.

4

Mix it up using a technique called **interleaving**. Research shows we learn best when we study different topics during our study sessions. For example, if you have an hour to study don't spend the whole hour studying one topic. Instead, try three; switching topics regularly. This will feel more effortful but is more effective.

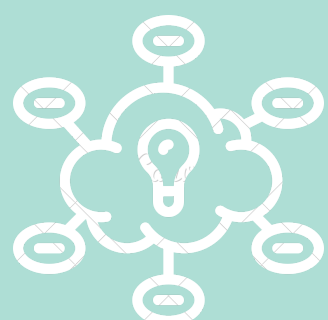


Retrieval Strategies

Think, pair, share



Brain dump



Flashcards



Quizzes

