

Memory Techniques



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Silent do now:

1. What should you put into flash cards?
2. Flash cards can be used when?
3. What are some top tips for revision?

25 school days to go!
42 actual days to go!

Discipline

Hard Work

Honesty

Humility

Examining the evidence: how well do different learning techniques work?

Practice testing: retrieval practice	●
Distributed practice: spaced learning	●
Interleaving: jumbling topics up	●
Elaborative interrogation: asking questions to explore the topic	●
Self-explanation: explaining it to oneself	●
Summarization and making notes	●
Highlighting or underlining	●
Imagery use for text learning	●
Rereading notes / books	●

Dunlosky et al 2013: evidence from a comprehensive review of 400+ separate scientific studies


● **High** utility ● **Moderate** utility ● **Low** utility




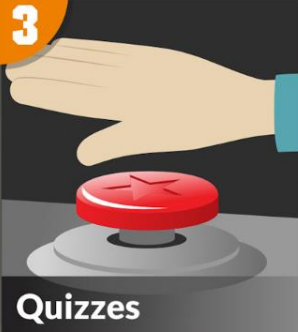
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9 Ways to use retrieval practice


by @inner_drive | www.innerdrive.co.uk


1  **Past papers**

2  **Practice tests**

3  **Quizzes**

4  **Multiple choice tests**

5  **Essay answers**

6  **Answering a spoken question**

7  **Testing yourself on what was on your flashcards**

8  **Making your own questions and answering them**

9  **Having someone ask you 3 questions about a topic**

Retrieval practice



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Retrieval Practice

Do

- ✓ Revise throughout the GCSE's – little and often
- ✓ Recall information from memory, using prompts if needed
- ✓ Sessions to last 20-25 minutes

DON'T

- Spend too long on one topic
- Cram revision the night/morning before
- It is a long term revision technique- won't give you immediate results.
- Pick too hard OR too easy questions

Memory Techniques

Mnemonic is a way of remember facts or in information in a certain order.

Colours of the rainbow

Richard

Of

York

Gave

Battle

In

Vain

Memory Techniques



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A mnemonic can be ANYTHING! As long as it makes sense to you

Radio Waves
Microwaves
Infrared
Visible Light
Ultraviolet
X-Rays
Gamma rays



Raccoons
May
Injure
Very
Unfortunate
EX- Golfers



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A memory journey is a way of linking information with landmarks on a journey.

This works well with History, Geography, English Literature- anything with chronological order

You will need to:

1. Write down the key points you need to learn.
2. Choose a journey you know well and pick your landmarks. Pick as many landmarks as the key number of points for the topic.
3. Assign the key points to the landmarks in order.
4. Make links between them. Use your imagination the weirder the link, the more memorable it is!
5. Practice walking the journey in your mind, learning the information as you go.

Discipline

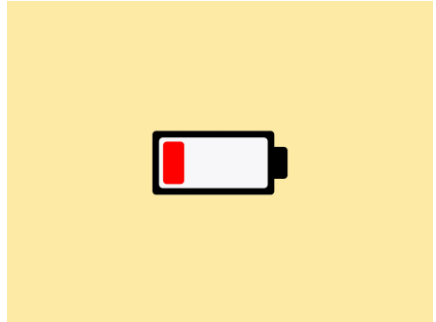
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1. Dawes Plan 1924
2. Locarno Treaties 1925
3. Kellogg-Briand Pact 1925
4. Young Plan 1929

2. Locarno Treaties 1925
Link- battery on phone on 25%

3. Kellogg-Briand Pact 1925
Link- 25 boxes of cereal but no cocopops

4. Young Plan 1929
Link- 29 babies

1. Dawes Plan 1924
Link- knocking on 24 doors!

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Quiz

Quizzing is an easy, immediate way to find out if something has gone into your long term memory.

But sometimes people can quiz themselves on things they already know.

You can create flash cards or just write them into a book.

EXAMPLE Quiz:

1. In a Christmas Carol, Scrooge is visited by how many ghosts?
2. How does Dickens show charity in the story?
3. Which character has the most impact on Scrooge?
4. How does Dicken show joy in the novel?
5. What is the overall message of Christmas Carol?

Activity

Pick a subject you had a lesson for today.

Use a memory technique

Either a mnemonic, memory journey or a quiz

EXAMPLE Quiz:

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